



MENTAL HEALTH FIRST AID

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Youth MHFA is also available for adults working with youth (age 12-18).

The course will teach you how to apply the ALGEE action plan

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Choose the best option for you:

In-Person Courses:

Kennett - July 14 - 8:45am-5:15pm (Youth) | [Click Here](#)
Kennett - June 21 - 8:45am-5:15pm (Youth) | [Click Here](#)

Virtual Courses*:

July 9 - 12:00-4:30pm (Adult) | [Click Here](#)
July 14 - 8:30am-1:00pm (Youth) | [Click Here](#)
July 18 - 8:30am-1:00pm (Adult) | [Click Here](#)
July 22 - 12:00-4:30pm (Adult) | [Click Here](#)
July 23 - 12:00-4:30pm (Youth) | [Click Here](#)
Aug. 19 - 12:00-4:30pm (Youth) | [Click Here](#)

Courses require advanced registration. Participants must register 2 weeks in advance (1 month recommended).
Courses are for Missouri residents only.

*Virtual participants must complete 2-hours of self-paced training at least 3 days prior to the course date.

For additional classes, visit
www.MHFAMissouri.org/events

INTERESTED IN HOSTING A COURSE FOR YOUR GROUP OR ORGANIZATION?

Email info@mhfamissouri.org

or visit <http://mhfamissouri.org/mental-health-first-aider/>

