



# MENTAL HEALTH FIRST AID

Register for a training through Wellness Workdays

## WHAT IS MENTAL HEALTH FIRST AID?

➔ Mental Health First Aid (MHFA) is skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge. It is effective in creating a culture of caring in the workplace.

## COURSE OVERVIEW

- Common signs and symptoms of mental health and substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on anxiety, trauma, depression, substance use, and self-care.

## CHOOSE YOUR TRAINING

### MENTAL HEALTH FIRST AID FOR YOU

- Learn the fundamentals of Mental Health First Aid
- 1-2 Hours
- Self-Paced
- Available virtually
- Cost: \$49



Scan QR code  
to enroll or  
contact us

### MENTAL HEALTH FIRST AID FOR YOUR TEAM

- Learn the fundamentals of Mental Health First Aid
- 1-2 Hours
- Max 30 participants
- Available virtually or in-person

Contact us for pricing  
and to enroll

### MENTAL HEALTH FIRST AID CERTIFICATION

- Become certified in Mental Health First Aid
- 6-8 Hours
- Max 30 participants
- Available hybrid

Contact us for pricing  
and to enroll



## WHO IS THIS FOR?

- Safety professionals
- Wellness professionals
- HR Staff
- First Responders
- Healthcare staff
- Teachers
- Coaches
- Parents
- Caring individuals