



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY, AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

2.6 MILLION

*First Aiders who
have chosen to be
the difference in
their community.*

REGISTER TODAY!

Delivery Format:

FREE!
LIVE Adult Mental Health First Aid

***SNACKS WILL BE PROVIDED!!!**

Date and Time:

February 7th AND 9th, 2023 (9:00am-1:00pm) EACH DAY!

***YOU MUST ATTEND BOTH DAYS TO RECEIVE THE 3-YEAR CERTIFICATION!**

Location: Blanco County Community Resource Center
206 US-281 Johnson City, Texas 78636

Where to Register:

EVENTBRITE: <https://www.eventbrite.com/e/509369456757>

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

For more information: Please email: aanderson@hillcountry.org and reference this flyer:)