

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 illness 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.

WHAT IT COVERS

- » Common signs and symptoms of mental illness
- » Common signs and symptoms of substance use
- » How to interact with a person in crisis
- » How to connect the person with help
- » NEW: Expanded content on trauma, addiction, and self-care

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.

LEARNING MODEL

After completing a 2-hour, self-paced online course, First Aiders will participate in a 6-hour, virtual instructor-led class. Participants will receive a Mental Health First Aid certification after completing this class.

ON AVERAGE,

123

PEOPLE DIE
BY SUICIDE
EACH DAY.

*-American Foundation for
Suicide Prevention*

FROM 1999-2016

630,000

PEOPLE DIED
FROM DRUG
OVERDOSE

*-Centers for Disease Control
and Prevention*

NEARLY

1 IN 5

U.S ADULTS LIVE WITH A
MENTAL ILLNESS

*-National Institute of Mental Health via the
National Survey on Drug Use and Health and
the Substance Abuse and Mental Health
Services Administration*

Class Options

- August 25th & 26th 9:00am to 12:00pm
- October 26th & 27th 2:00pm to 5:00pm
- December 14th 12:00pm to 6:30pm
- January 26th & 27th 8:30am to 11:30am
- March 31st 8:30am to 4:00pm

LEARN more. EARN more.

<https://rctcbwe.com/category/healthcare>

REGISTRATION

(Maximum of 30 participants)

Contact Kathy Richie
Kathy.Richie@rctc.edu or
507-285-7251

Cost: \$195

Registration Link:

https://mnsu.rschoolday.com/public/getclass/category_id/385/program_id/52/subcategory_id/6382