



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! CE'S WILL BE PROVIDED!

### Delivery Format:

In-Person

### Date and Time:

July 6th, 2023, from 8:30am to 4:30pm

### Location:

Wabash Valley College  
2200 College Dr, Mt Carmel, IL 62863

### Where to Register:

[www.iecc.edu/adult-mental-health-first-aid-training](http://www.iecc.edu/adult-mental-health-first-aid-training)

## Offered by IECC in partnership with:



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.

**This course is valued at \$170.**

**Registration is \$55.**

**Please use this QR code to register, or use the link provided.**



For more information, visit [MHFA.org](http://MHFA.org)