



MENTAL HEALTH FIRST AID

FREE TRAINING!

January 27, 2023 8:30 a.m.–4:30 p.m. 111 S. Broad St., Lancaster, Ohio 43130 To register: <u>www.fairfieldadamh.org</u>

Space is limited! Lunch is on your own.

WHAT IT COVERS

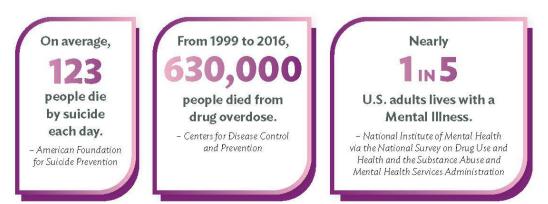
- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- NEW: Expanded content on trauma, addiction and self-care

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.

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.



WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders

Community

members

Caring

- Faith leaders
- leaders



www.fairfieldadamh.org 740.654.0829