

# FREE TRAINING - REGISTER NOW!



## Would you like to be certified in Mental Health First Aid?

This class results in a 3-year certification from the National Council on Mental Wellbeing.

### WHY TAKE MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to **identify, understand and respond to signs of mental illnesses and substance use disorders**. This pre-work module and 6.5-hour 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 appropriate care.

**May 4, 2024 - 9am-3:30pm**  
**Center for Health Impact**  
**35 Harvard St. Suite 300**  
**Worcester, MA 01609**

### WHAT IT COVERS

- ✓ Signs and symptoms of mental illness.
- ✓ Signs and symptoms of substance use.
- ✓ How to interact with a person in crisis.
- ✓ How to connect the person with help.
- ✓ Naloxone administration

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

REGISTRATION



*Want to make a difference?*

*Take ↗*



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