Virtual 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.

9:00 am - 3:00 pm
February 19th
(Registration Deadline: February 10th)
*half hour break for lunch

This class teaches the five-step ALGEE action plan

A - Assess for risk of suicide or harm
L - Listen nonjudgmentally
G - Give reassurance and information
E - Encourage appropriate professional help
E - Encourage self-help and other support strategies

Please follow the link to register
https://www.eventbrite.com/e/mental-health-first-aid-tickets-136820721461

Important information

Once registered, information for 2-hours of online coursework will be sent.
(coursework must be completed within 48 hours of mental health training)