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.

Why Mental Health First Aid?

Virtual Learning Format

- All Materials provided virtually.
- A 2-hour, self-paced online class prior to the course
- A 4-hour, Instructor-led, live video conference.

Who Should Take It

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members

What it Covers

- Common signs & symptoms of mental illness
- Common signs & 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.

Thursday, December 3rd

9am – 2pm
FREE

REGISTER HERE

www.sfcsinc.org

Questions? Email DATFScarsdale@gmail.com