

ADULT MENTAL HEALTH FIRST AID



Interested in
attending a training?

Want to set up a
training for your
agency?

Contact

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Why 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 8 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 the appropriate care.

What it covers

Common signs and symptoms of mental illness and substance use.

- ◆ How to interact with a person in crisis.
- ◆ How to connect the person with help.

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

Who should take it?

Anyone working with individuals in long-term care facilities such as: Certified Nursing Assistants, Nurses, Social Workers, Family Caregivers, Direct Care worker, and Administrators.