

# ADULT MENTAL HEALTH FIRST AID



Interested in  
attending a training?

Want to set up a  
training for your  
agency?

## To sign up:

Contact Debbie Rueber  
262-605-6722

[debbie.rueber@kenoshacounty.org](mailto:debbie.rueber@kenoshacounty.org)

<https://form.jotform.com/drueber/adultmhfa>

## 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?

Employers, Police Officers, Hospital Staff, First Responders, Faith Leaders, Community Members, Caring Individuals