



MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

LEARN HOW TO SUPPORT YOUR RESIDENTS AND COWORKERS

Mental Health First Aid (MHFA) is a **virtual training hosted via Zoom** that teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults.

You'll build the skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

Over **40%** of Americans report increases in mental distress due to covid 19 pandemic

Source: National Safety Council

85% of workers report their workplace affects their mental health and well-being.

Nearly **1 IN 5** in the U.S. lives with a mental illness.
Source: National Institute of Mental Health

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A** **ssess** for risk of suicide or harm.
- L** **isten** nonjudgmentally.
- G** **ive** reassurance and information.
- E** **ncourage** appropriate professional help.
- E** **ncourage** self-help and other support strategies.

FREE CONTINUING EDUCATION CREDITS

This course is valued at \$170. Thanks to a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), learners may attend at no charge.

- **Contract Hours for Nurses** – (North Dakota Board of Nursing)
- **CEUs for Nursing Home Administrators** – (North Dakota Board of Examiners for Nursing Home Administrators)
- **CEUs for Licensed Social Workers** – (ND Board of Social Work Examiners)

REGISTER TODAY!

Register at qualityhealthnd.org/mhfa or scan the QR code.



Hosted by:



Quality Health Associates
of North Dakota

NOTES:

- You must register 2 weeks in advance of your selected date.
- Virtual trainings are hosted ~3 times per month.
- Training required 2 hours of pre-work + post-test eval.