LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

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

You’ll build 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.

AFTER THE COURSE, YOU’LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

REGISTER TODAY!

Delivery Format:
In Person - Blended with 2 hours of prework

Dates and Times:
Tuesday, February 27, 2024 from 1:00 pm - 4:30 pm
Wednesday, February 28, 2024 from 8:30 am - 12:00 pm

Location:
Bay Area Center for Independent Living - Health and Wellness Studio
31516 Winterplace Parkway Salisbury, MD 21804

Where to Register:
https://forms.gle/1GGSjunJTaNnFWaX7

Registration Close Date:
Tuesday, February 13, 2024 or when the class fills up

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):
- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

For more information, visit MHFA.org