



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

ADULT MENTAL HEALTH FIRST AID

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.

Join the more than

2.6 MILLION

*First Aiders who
have chosen to be
the difference in
their community.*

REGISTER TODAY

Date & Location

Thursday, May 1, 2025 9:00am - 5:00pm

SIH System Office
1239 East Main Street
Carbondale, IL 62901
Conference Room 101 A & C

Delivery Format:

8 Hours Fully In-Person

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.

**Space is limited to those who work or live in the lower 16 counties of Illinois.
Training provided at no cost to participants.**

Register by Thursday, April 24th.

alexis.daun@sih.net or 618-457-5200 ext. 67847
(Name, Phone Number, Email, Occupation, County)



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