INTERESTED IN HOSTING A COURSE FOR YOUR GROUP OR ORGANIZATION?
Email info@mhfamissouri.org
or visit http://mhfamissouri.org/mental-health-first-aider/

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 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. Youth MHFA is also available for adults working with youth (age 12-18).

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

Choose the best option for you:

In-Person Courses:
Kennett - July 14 - 8:45am-5:15pm (Youth)
Kennett - June 21 - 8:45am-5:15pm (Youth)

Virtual Courses*:
July 9 - 12:00-4:30pm (Adult)
July 14 - 8:30am-1:00pm (Youth)
July 18 - 8:30am-1:00pm (Adult)
July 22 - 12:00-4:30pm (Adult)
July 23 - 12:00-4:30pm (Youth)
Aug. 19 - 12:00-4:30pm (Youth)

Courses require advanced registration. Participants must register 2 weeks in advance (1 month recommended). Courses are for Missouri residents only.

*Virtual participants must complete 2-hours of self-paced training at least 3 days prior to the course date.

For additional classes, visit www.MHFAmissouri.org/events