

# MENTAL HEALTH FIRST AID TRAINING COMMUNITY ADVOCATES PUBLIC POLICY INSTITUTE

## TAKE A COURSE. SAVE A LIFE. STRENGTHEN YOUR COMMUNITY.

Mental Health First Aid teaches you how to identify, understand & respond to signs of mental illness and substance use disorders. This 8-hour training gives you the skills you need to reach out & provide initial support to someone who may be developing a mental health or substance use problem & help connect them to the appropriate care.



### ADULT COURSE

Covers common signs & symptoms of mental illness & substance use; how to interact with an adult in crisis; how to connect that person with help; & how to administer naloxone in the event of an opioid overdose. For employers, police officers, first responders, faith leaders & community members.

### YOUTH COURSE

Covers common signs & symptoms of mental illness in adolescents (ages 12-18), including anxiety, depression, eating disorders & attention deficit hyperactivity disorder; common signs of substance use; how to interact with an adolescent in crisis; how to connect the adolescent with help. For teachers, school staff, coaches, camp counselors, youth group leaders, parents & others working with youth.

### DETAILS

- Mental Health First Aid trainings require a minimum of 5 participants & a maximum of 30.
- The trainings can be broken down into two 4-hour sessions or one 8-hour day.
- All participants must attend the entire 8 hours to become certified Mental Health First Aiders. Participants will receive a certificate of completion from the National Council for Behavioral Health.



### CONTACT

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To find additional training opportunities, go to [ppi.communityadvocates.net](http://ppi.communityadvocates.net).