



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# Mental Health First Aid

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Adult 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.

Join the more than **2.6 MILLION** First Aiders who have chosen to be the difference in their community.

**Friday, December 1**

**8:30am to 3:00pm**

### After this 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.

**Financial Assistance Available**

**\$55 PER PERSON. SPACE IS LIMITED. FOR MORE INFORMATION OR TO REGISTER CONTACT BOB WIEGERS AT [RWIEGERS@UCSVT.ORG](mailto:RWIEGERS@UCSVT.ORG) OR CALL 802.442.5491**



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