



ADULT MENTAL HEALTH FIRST AID

FOR FIRST RESPONDERS

Mental Health First Aid (MHFA) for First Responders

teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. Designed specifically for first responders, this certification course provides practical skills and a proven 5-step action plan to offer initial support to someone experiencing a mental health crisis or challenge.

5-STEP ACTION PLAN (ALGEE)

- **Approach** and assess for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

Topics Include:

- Common signs and symptoms of anxiety, depression, psychosis, and substance use.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, addiction, and self-care.



Scan the QR code to register by July 24.
Register early; space is limited to 30.

For questions, contact Lauren Henry at 937.569.6408 or lauren.henry@waynehealthcare.org.

Friday, August 14
8:00 am–4:00 pm
Wayne HealthCare Community Rooms
Harrison Entrance



This course is FREE for our community, provided by Wayne HealthCare Foundation.

On average,
130
people die by suicide every day.
American Foundation for Suicide Prevention

From 1999 to 2019,
841,000
people died from drug overdoses.
Centers for Disease Control and Prevention

Nearly
1 IN 5
in the U.S. lives with a mental illness.
National Institute of Mental Health