

Who's Going to Help YOU, When You Need Help?



First responders and medical professionals are really good at managing crisis situations. But who's going to help you when you need help? In this interactive training, Mental Health First Aid teaches you not only how to engage with mental illnesses and substance use disorders in the people you serve; it will also teach you how to apply skills to real-life situations and know where to turn for help yourself!

Virtual Mental Health First Aid is FREE to First Responders and Nurses

What to Expect

2-Hour Self-Paced MHFA Introduction

- In this **mandatory** session, you will focus on signs and symptoms in the context of feelings, behaviors, thoughts and appearances.

6-Hour Instructor-Led Virtual Training

- This section of the course focuses on skill development and application.
- You will receive a digital participant processing guide.

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