

Mental Health First Aid

Mental Health First Aid is a course that 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 help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.**

Mental Health First Aid for Adults

This course teaches people how to recognize signs of mental health or substance use challenges in adults ages 18+. Learn how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. *Topics covered include, depression, psychosis, and addictions.*

#33491	September 14 TH & 15 TH	Tues/Wed	6 PM–9 PM
#33495	December 8 TH & 9 TH	Wed/Thurs	6 PM–9 PM

In Person, Truax - Health & IT Building

#33492	October 12 TH & 14 TH	Tues/Thurs	2:30 PM–5:30 PM
#33494	December 14 TH & 16 TH	Tues/Thurs	6 PM–9 PM

In Person, Goodman South Campus

#33493	November 13 TH & 14 TH	Sat/Sun	9 AM–12 PM
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Online Live

Mental Health First Aid for Youth

This course is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (aged 12–18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations.

#33488	September 28 TH & 30 TH	Tues/Thurs	6 PM–8:30 PM
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In Person, Truax - Health & IT Building

#33489	November 15 TH & 17 TH	Mon/Wed	2:30 PM–5 PM
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In Person, Goodman South Campus

#33490	October 23 RD & 24 TH	Sat/Sun	9:30 AM–12 PM
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Online Live

WWW.MENTALHEALTHFIRSTAID.ORG

Call (608) 258.2301,
Opt. 2 to register



* Please register at least **10 days** prior to the first, live training date

Students must complete self-paced modules prior to first class.

All course hours must be completed to receive certification.

Special Fall Pricing \$69!

Save \$30 on these select trainings

Why Mental Health Matters for Adults

1 in 5

American adults **experience a mental health disorder** in a single year.

almost 50%

of all American adults **will experience a mental illness** in the course of their lifetime.

20 million+

Americans ages 12 and older **will face an addiction.**

Why Mental Health Matters for Youth

1 in 5

youth will **experience a mental health challenge** at some point during their life.

17.1 million

youth under the age of 18 **have or have had a psychiatric disorder** – more than the number of children with cancer, diabetes, and AIDS combined.

7.4%

of children in the United States **have a mental health visit in a given year.**