

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

AdvantageHealth

MENTAL HEALTH FIRST AID TRAINING

WHY MENTAL HEALTH FIRST AID AT THE WORKPLACE?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. This is an ideal training to provide at the workplace, especially for middle management/supervisors, in order to educate employees on how to act and respond appropriately in sensitive situations.

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

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

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

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers
- Police officers
- Hospital staff
- First responders
- Caring individuals

WHAT THE TRAINING COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- **A** ssess for risk of suicide or harm.
- **L** isten nonjudgmentally.
- **G** ive reassurance and information.
- **E** ncourage appropriate professional help.
- **E** ncourage self-help and other support strategies.

WHAT THE TRAINING INCLUDES

Learners complete a 2-hour, self-paced online course of pre-work, followed by participation in a "live" 5-hour, instructor-led training over the course of one or two days. Once complete, participants will receive a MHFA certification.

TRAINING COST:
Virtual: $150.00 per participant. 5 person minimum/15 person maximum per training course.
In Person: $150.00 per participant. 5 person minimum/30 person maximum per training course. Travel costs may apply.

MEET YOUR INSTRUCTOR
Kristine Keykal, CEO, M.P.H., has spent the past 25 years developing a variety of health promotion initiatives in order to improve the health and wellbeing of populations. As the co-founder of AdvantageHealth Corporation, she assists organizations with creating a healthier and more productive workforce. Kristine is a certified Mental Health First Aid instructor through the National Council for Mental Wellbeing and is passionate about spreading awareness on this important topic.



GET STARTED
Email Kristine at kkeykal@advantagehealth.com or call 612.823.4470.