



MENTAL HEALTH FIRST AID FOR ADULTS

The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

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

WHY MENTAL HEALTH FIRST AID?

Prepare to address mental health and substance use challenges commonly experienced in higher education settings. Developed by people with lived experience of mental health challenges and professionals, this course teaches early intervention techniques and improves mental health literacy to help you understand, identify and respond to signs and symptoms of mental health and substance use challenges.

Our engaging training program will help you decrease stigma, address tough challenges, and allow your students, professors, and other school faculty to show up fully in their daily lives and support those around them.

88%

of college students reported their school life to be stressful.

60%

of college students met the criteria for at least one mental health challenge.

1/2*

of college students followed for the first 3 years of college met criteria for at least 1 substance use challenge during that time.

REGISTER TODAY!

October Dates

October 10th: One Day from 9AM to 4:30PM

October 24th & 25th: Two Days from 1PM to 5PM

November Dates

November 3rd: One Day from 9AM to 4:30PM

November 9th & 10th: Two Days from 9AM to 1PM

December Dates

December 8th: One Day from 9AM to 4:30PM

December 12th & 13th: Two Days from 1PM to 5PM

Virtual Training

Contact Us:

For questions about registration, training opportunities, or training requirements, please email our team at:

LPHItraining@lphi.org

To learn more about MHFA trainings, please visit:

www.mentalhealthfirstaid.org



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING