

Adult Mental Health First Aid Training



What is MHFA?

Just as CPR helps even those without clinical training to assist an individual having a heart attack, **Mental Health First Aid (MHFA) prepares participants to interact with a person experiencing a mental health crisis.** MHFA is an evidence-based public education program that introduces participants to risk factors and warning signs of mental health challenges, and builds understanding of appropriate detection techniques, interventions, and resource and referrals.

Why MHFA?

In Louisiana, **179,000 adults have a serious mental illness.** Louisiana Public Health Institute (LPHI) understands the importance of equipping Louisiana residents with the skills and knowledge to recognize and respond to mental health challenges.

Training Highlights

- 10 hours of training total
 - 2-hour online pre-work
 - Two days of 4-hour virtual workshops
- Uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer and social supports as well as self-help resources.
- Course completion results in certification for participants
- LPHI is offering MHFA training to community members for **FREE!**

For more information on LPHI visit our website: [HERE](#)

Who Should Participate?

- Higher education personnel, including human resources, security, students and counselors.
- Public health and social service personnel, including those serving veterans.
- Clinical and administrative staff working in rural communities.
- Everyone in Louisiana can benefit!

How to Register

July 13th & 14th at 9AM-1PM [Click HERE](#)

August 10th & 11th at 9AM-1PM [Click HERE](#)

August 24th & 25th at 9AM-1PM [Click HERE](#)

September 6th & 7th at 9AM-1PM [Click HERE](#)