



# Adult Mental Health First Aid Training

Mental Health First Aid is an 6.5 hour training that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. **The training helps identify, understand, and respond to signs of mental illnesses and substance use disorders.**

**This course will teach you how to apply the ALGEE action plan:**

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

Leverage your MWC to increase support for people who may be experiencing a mental health or substance use problem.

Learn how to help a person in distress.  
Recognize symptoms. Learn a 5-step action plan.

Take the course.  
Strengthen your community.

This 6.5 hour training will take place virtually on **Thursday April 13 from 9:30am to 4pm.**  
*Participants are required to complete 2 hours of online prework prior to the start of the class.*

## WHO SHOULD ATTEND

- Mayors
- Community Leaders
- MWC Committee Members
- Municipal Employees

**\*\*Participants will need to be on camera for the entire training to receive certification.**

## WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common sign sand symptoms of substance use.
- How to interact with a person in a crisis.
- How to help connect the person with help.

**Nearly 1 in 5 U.S. adults lives with a mental illness.**  
*(National Institute of Mental Health)*

To register, email your name, title, and cell phone number to **JULIE DESIMONE AT [jdesimone@njhcqi.org](mailto:jdesimone@njhcqi.org).**



**MENTAL HEALTH FIRST AID®**



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