

Mental Health First Aid

Assisting Adults 🤝

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.

In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Participants will learn:

- The risk factors for mental illness
- The impact of mental illness on a person's life
- The signs & symptoms of common mental illnesses
- The 5-step action plan to support someone developing signs & symptoms of a mental illness
- Concrete wellness strategies
- About available community supports



Join our next class:

Date: Thursday, February 17, 2022

Time: 9:00 a.m. - 4:30 p.m.

Location: Virtual (Zoom)

*Link will be sent out prior to beginning of class

Register by February 11th

Email: Laura Robertson at larobertson@hanovercounty.gov

Please include your:
Name, Address, Telephone number
and Email Address