



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Virtual Training Sponsored by



Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack, or if we were concerned that a friend or co-worker might be showing signs of alcoholism.

Mental Health First Aid

- Teaches you how to identify, understand and respond to signs of mental illness and substance misuse
- Gives you the skills you need to reach out and provide initial help and support
- Takes the fear and hesitation out of starting conversations about mental health and substance problems
- Teaches you how to listen non-judgmentally and give reassurance
- Teaches you how to refer a person to appropriate professional support and services

You will learn

- The common signs and symptoms of mental illness and substance use
- How to interact with a person in crisis and connect them with help
- How to apply the MHFA **ALGEE** Action Plan:
 - **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

Upon completing the course you will become a certified Mental Health First Aider, valid for three years.

The course is delivered in two parts. The first is a 2-4 hour self-paced online course that must be completed prior to the second part which is a 6 hour virtual live instructor-led session. The live sessions are held on an on-going basis at a variety of dates and times.

The cost is \$125. IATSE Members and those working under IATSE agreements may be eligible for Training Trust Fund reimbursement. The CHAUVET Professional ReSet Fund has made a limited number of partial and full scholarships available to individuals not eligible for reimbursement from the Training Trust Fund.

btshelp.org/mhfa