

Adult Mental Health First Aid – VIRTUAL COURSE

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help them connect to appropriate care. This course is appropriate for anyone age 18 and older. [This virtual course is free of charge, made possible through a grant from National Council for Behavioral Health](#)

WHAT IT COVERS

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.
- **NEW:** How to administer naloxone in the event of an opioid overdose.

WHO SHOULD TAKE IT

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community members
- Caring individuals

The 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

6.5 Hour Course

2 Hours of Self-Paced work to be completed by the participant on their own before the first class; followed by 2 virtual classes on these dates:

2.5 hours – Monday June 21, 2021: 9am-11:30am

2 hours – Wednesday June 23, 2021: 9am-11am

(you must complete all three parts for credit/completion of the course)

Questions and Registration (the class is limited to 20 participants):

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ALGEE, the Mental Health First Aid 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*

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

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