



Why Mental Health First Aid?

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 connect them to the appropriate care.

Training Information

When: January 24, 9 am to 3:30pm or February 25, 9 am to 3:30 pm

Where: Virtual First Aiders will complete a 2-hour, self-paced online class and then participate in a 5.5-hour, instructor-led videoconference. You will receive the appropriate link(s) prior to the training date.

Cost: This training is free paid for by the Washtenaw County Safety & Mental Health Millage.

To Register: <https://forms.gle/PsUNwwD8NDJonoZn6> or leave a message at 734-544-6712 indicating you wish to register for the MHFA training. You will receive a call within 3 business days to collect the necessary information.

Who Should Take it?

Community Members
Health care workers
Police
First responders
Faith leaders
Caring individuals

What Will I Learn?

1. Prevalence of mental illness & the economic impact.
2. Potential warning signs & risk factors for many different mental illnesses, depression, anxiety, psychosis, trauma, substance use disorders.
3. An Action Plan to help individuals experiencing a mental health crisis & connect them to professional care.
4. Resources available to help someone experiencing a mental illness.

