



## 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:** 5/17/2022

**Where:** Virtual First Aiders will complete a 2-hour, self-paced online class and then participate in a 5.5-hour, instructor-led videoconference.

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

Click [HERE](#) to register.

## 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.