



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



for  
**FIRST RESPONDERS**

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for First Responders teaches you how to **identify, understand and respond to signs of mental illnesses 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. It focuses on the unique experiences and needs of first responder personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

### WHAT IT COVERS

- A discussion of first responder **culture, stigma** and their relevance to the topic of mental health.
- **Outreach tactics** to respond to individuals experiencing a mental health crisis.
- A discussion of the specific **risk factors** faced by many first responders and their families.
- A review of common **mental health resources** for first responders, their families and those who support them.

# FREE

for Alabama  
**First Responders**

- 100% **IN PERSON**- interactive
- Earn **3-year CERTIFICATION**
- Awarded **8.0 CEUs**
- Course **MATERIALS** & Manual
- Local & National **RESOURCES**

## REGISTER TODAY!

Date and Time:  
Monday, April 29  
8:15am-3:30pm

Location:  
Miles College French Center- Multi Purpose Room  
5500 Myron Massey Blvd., Fairfield, AL 35064

Register Here or use the QR Code to the right:

<https://app.smartsheet.com/b/form/1a35948f482949c994b7f25796c01de45>



**Vital**

Improving Wellness in Alabama



For questions or more information, contact Jessica Hoggle at  
[jjhoggle@ua.edu](mailto:jjhoggle@ua.edu) or (205) 534-4202