



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:  
Wednesday, Nov. 19  
8:15am-3:30pm

Location:  
Macon County Commission Annex  
205-B N Main St., Tuskegee, AL 36083

Register Here:  
<https://app.smartsheet.com/b/form/01990b9cba6f7ae0aeb4c7e61d6b1e06>

Or Email Jessica Hoggle at [jjhoggle@ua.edu](mailto:jjhoggle@ua.edu)



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