



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, March 2
8:15am-3:30pm

Location:
Alabama Fire College
2501 Phoenix Drive, Tuscaloosa, AL 35405

Register Here:

<https://app.smartsheet.com/b/form/019b03a10fa079728f2bb6986388e16a>

Or Email Jessica Hoggle at jjhoggle@ua.edu



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Improving Wellness in Alabama



For questions or more information, contact Jessica Hoggle at
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