



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Join a global network of Mental Health First Aiders through the [Mental Health First Aid \(MHFA\)](#) at Work Awareness training.

Just as CPR helps you assist someone having a heart attack, MHFA equips you to support those experiencing a mental health or substance use-related challenge or crisis.

In the *2-hour, online, self-paced course* MHFA course, you will learn:

- Risk factors and warning signs of mental health and substance use challenges.
- Strategies for helping in both crisis and non-crisis situations.
- Where to turn for help.

Register your email here:

<https://forms.cloud.microsoft/g/pjFibHdWck>.

Registrants will be contacted with an additional registration process and class access.

NOTE: completing the interest form is a non-committal step in the process. You must complete the follow-up registration that will be sent to you separately.

Questions? Review the [FAQs](#) or contact [@Walldorff, Michelle M.](#)



Be Prepared to Help Others

Mental Health First Aid teaches you how to apply the MHFA Action Plan (ALGEE) to help someone in a variety of situations, from a panic attack to an overdose.



Build Your Own Resiliency

As part of MHFA training, you'll learn about self-help strategies and how to encourage people to use them. Then you can use those same skills to build your own resiliency and internal support system.



Join a National Network of First Aiders

First Aiders are united by a common goal — to help people and transform communities, one conversation at a time. Annual networking events, monthly newsletters and more help you stay connected.



Find the Confidence to Speak Up

Our training takes the fear out of talking about mental health by showing you how to safely identify and help with mental health or substance use challenges.



Make Recovery a Reality

Mental Health First Aid gives you the tools and resources to help people get started on the journey toward lasting recovery. You'll know how to speak up at the right time, when you're needed most.



Get on the Path to Become an Instructor

The first step to being a MHFA Instructor is to become a First Aider. Then as an Instructor, you can make an even bigger difference by teaching your family, friends and neighbors to help others in need.