

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 January 27th**
**8:15am-3:30pm**

**Location:**
**Alabama Fire College**
**2501 Phoenix Drive, Rm 314 Tuscaloosa, AL 35405**

**REGISTER HERE, OR USE QR CODE TO THE RIGHT**

**:https://app.smartsheet.com/b/form/01a18e4367c47f5ba7240af4a14bfca9**

**Or Email Wendi Hogue at wendi.hogue@ua.edu**

VitAL
Improving Wellness in Alabama

**QR Code Registration:**

For questions or more information, contact Wendi Hogue at wendi.hogue@ua.edu or (205) 886-5124