

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:
Tuesday, Jan. 12
8:15am-3:30pm

Location:
Jefferson County Sheriff's Training Center
3500 Happy Hollow Lane, Fultondale, AL 35068

VitAL
Improving Wellness in Alabama

Register Here, or use QR Code to the Right:
https://app.smartsheet.com/b/form/01a1357071a374279d15c8a0ee5ceefa

Or Email Wendi Hogue at Wendi.Hogue@ua.edu

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