

Mental Health First Aid Training

Why Mental Health First Aid? Did you know 1 in 5 adults in the U.S. lives with a mental illness?

In this training, discover how to identify, understand and respond to signs of mental illnesses and substance use disorders. Develop the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.



After this training, you'll be able to:

- Recognize common signs and symptoms of mental health and substance use challenges
- Develop a five-step action plan to help a person experiencing mental health challenges
- Know how to interact with a person in crisis
- Provide professional and self-help resources and connect a person with help
- Understand the components of developing a self-care plan

Length of Training: 8 Hours

Bring this training to your organization!

Contact Business & Industry Services
bi.services@fvtc.edu | 920.735.2525