



# 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 <u>Alabama</u> First Responders

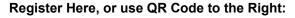
- 100% IN PERSON- interactive
- Earn 3-year CERTIFICATION
- Awarded 8.0 CEUs
- Course MATERIALS & Manual
- Local & National RESOURCES

## **REGISTER TODAY!**

Date and Time: Mon. March 31 OR Tues. April 1 (Choose One) 8:15am-3:30pm

Location:

North Alabama Public Service Training Center UNA Office of Regional Engagement- Suite 2500 541 W. College St., Florence, AL 35630



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