



ORLANDO
HEALTH®



MENTAL HEALTH FIRST AID

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

WHAT IT COVERS

- Common signs and symptoms of mental health challenges
- Common signs and symptoms of substance use challenges
- How to interact with a person in crisis
- How to connect a person with help
- Expanded content on trauma, substance use and self-care

WHO SHOULD TAKE THIS TRAINING

Employers
Police Officers
Hospital Staff and First Responders
Caring Individuals and Caregivers
Teachers and Parents

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

SCAN TO REGISTER NOW! LIMITED SEATING AVAILABLE.



Date: November 22, 2024

Time: 10:00am - 4:30pm

Location:

The Peggy Brown Building at Lake Mirror Complex

215 South Lake Avenue

Lakeland, Florida 33801

Lunch will be provided

Questions?

MentalHealthFirstAid@OrlandoHealth.com

<https://forms.office.com/r/uAjSX4vuiP>

NO COST TO YOU!