

Adult Mental Health First Aid (Virtual Course)



**Mental Health
FIRST AID**

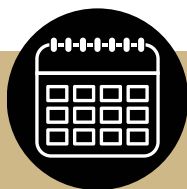
from NATIONAL COUNCIL FOR
MENTAL WELLBEING

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

After the course you will be able to:

- + Recognize common signs and symptoms of mental health challenges
- + Understand how to interact with a person in crisis
- + Know how to connect a person with help
- + Use self-care tools and techniques

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



Nov. 21, 2024
8:30AM-3:30PM CT



Live Zoom
plus 2 hours self-paced prework



\$90 per person
includes manual and workbook



Register or learn more at
cvent.me/embrBL



Some CEUs available.
See registration page.

Purdue University is an equal opportunity/equal access/affirmative action institution. If you need reasonable accommodations to participate in this program, don't hesitate to get in touch with Meagan at 812-435-5287 or brotherm@purdue.edu at least 10 business days prior to the event.

This program is valued at \$170 with funding provided through Purdue Extension County Education Fund.