

MENTAL HEALTH First Aid Training



Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis such as contemplating suicide. This is an evidence-based program widely used throughout the United States.

The goal of training is to help support an individual until appropriate professional help arrives. Mental Health First Aiders learn a strategy that includes: assessing risk, respectfully listening to and supporting the individual in crisis, identifying appropriate professional help and other supports.

Participants are introduced to risk factors and warning signs for mental health or substance use problems, will engage in experiential activities that build understanding of the impact of illness on individuals and families, and will learn about evidence-supported treatment and self-help strategies.

Mental Health First Aid is intended for people and organizations that make up the fabric of a community. Professionals who regularly interact with people such as police officers, nurses, human resource directors, primary care workers, school/college leadership, faith communities, and friends and family of individuals with mental illness or addiction are encouraged to attend.

Application can be made for 8 hours of continuing education through Counselors Examiners Board; the Board of Addiction and Prevention Professionals; and Board of Social Workers. Teacher Renewal Credit (8 hours) will be available and this training will fulfill the SD DOE 1-hour of suicide prevention requirement.

For more information on bringing **Mental Health First Aid** training to your community, or to find a training opportunity near you, contact:

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