



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

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

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

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

Join the more than

2.6 MILLION

First Aiders who have chosen to be the difference in their community.

REGISTER TODAY!

Delivery Format:

Date and Time:

Location:

Where to Register:

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.

For more information or details, you may reach out to Calli at 701-770-1351 or calli@callithorne.com

Calli Thorne is a keynote speaker, global leadership trainer, mindset coach, and multi-business entrepreneur. She is married to her husband CJ and they have three young children. Calli grew up on her family's farm and ranch in northwest North Dakota where they ranch today.

Calli is a certified member of the John Maxwell Leadership Team where she works with a variety of clients to improve personal and professional leadership skills.

For more information, visit MHFA.org