

# MENTAL HEALTH FIRST AID TRAINING

**Saturday, April 26, 2025 - 9 a.m.-4 p.m.**

**Guerrieri Student Union, Nanticoke Room**



Mental Health First Aid (MHFA) teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary.

MHFA teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

**FREE EVENT open to everyone!**  
Secure your spot, seating is limited to 30.

**Register Online:**



## Topics Covered

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance use disorders

## Knowledge Gained

- 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

## MHFA Action Plan

*(ALGEE)*

- A: Assess for risk of suicide or harm
- L: Listen non-judgmentally
- G: Give reassurance and information
- E: Encourage appropriate professional help
- E: Encourage self-help and other support strategies

## Interventions Learned

Through role plays, scenarios and activities – making it easier to apply these skills in a real-life situations – learn how to apply the MHFA action plan when someone is experiencing:

- Panic attacks
- Suicidal thoughts or behaviors
- Non-suicidal self-injury
- Acute psychosis (e.g., hallucinations or delusions)
- Overdose or withdrawal from alcohol or drug use
- Reaction to a traumatic event



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**VISITOR PARKING INFORMATION** In order to make sure you find parking close to your event location, please see the [parking lot map](#).

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