



Mental Health First Aid (MHFA) Certification

Identify. Understand. Respond.

*Approximately **1 in 5 Americans** experience a mental health or addiction disorder each year.
Do you know what to do when someone near you has a panic attack or is in crisis?*

The Mental Health First Aid (MHFA) course is part of a suite of internationally acclaimed and evidence-based, accredited training programs that empower and equip individuals with the knowledge, skills and confidence needed to support a friend, family member or co-worker experiencing a mental health problem or experiencing a crisis such as being suicidal.

It is designed to teach the skills to recognize the signs of a mental health or substance use disorder crisis, identify community resources, and link individuals in need of treatment and support to the proper resources. <https://www.mentalhealthfirstaid.org/>

You will learn a **5-step action plan** that can be used to help those in need:

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

Cost: Free to LeadingAge MN Members through a LeadingAge MN Foundation workforce investment program.

Training Dates: Participants should only register for one cohort. First come, first served. **Seats are limited.** Two hours of self-paced, online pre-work are required, prior to the instructor-led Zoom sessions listed below. [Click to REGISTER for Mental Health First Aid \(MHFA\)](#)

2023 MHFA Cohort Schedule:

Cohort	Session 1	Session 2	Time
1	Tues March 7	Thurs March 9	4 pm – 7:30 pm
2	Wed March 8		10 am – 4:30 pm
3	Tues April 11	Thurs April 13	2 pm – 5:30 pm
4	Tues May 9	Wed May 10	4 pm – 7:30 pm

Please **sign up for ONLY one (1) Cohort.** Do not use your name to register multiple people from your organization. Each registration must have individual names and email addresses to receive the pre-work and full Certification.

Registrants will receive an email from the instructor 2 weeks prior to the first session including pre-work instructions and zoom link. In order to complete your Mental Health First Aid Certification, you will be instructed to set up an account in MHFA Connect (the learning portal) so it's important that you **check your email 2 weeks prior to the first session** in order for you to have sufficient time to create your account and complete the required pre-work.

Participants must complete all self-paced pre-work and attend all in-person virtual sessions to become Mental Health First Aid Certified. Upon completion of the course, each participant will receive a Mental Health First Aid 'e-card' and the digital Mental Health First Aid Participant Manual.

Learning Objectives:

- To introduce Mental Health First Aid and the role of a Mental Health First Aider
- To give an overview of the prevalence and impact of mental health problems in the United States
- To introduce Mental Health First Aid Action Plan and how it fits within the array of interventions available to address mental health problems
- To give an overview of signs, symptoms, and possible risk factors and warning signs of the major mental health disorder

Mental Health First Aid is a skills-based training course that helps you:

- Grow your knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase your confidence in and likelihood to help an individual in distress.
- Increase your mental wellness.

You Can Help:

- People with mental illnesses often suffer alone.
- Be there for a friend, family member, or co-worker.

For more information contact: Julie Kiehne, MS, CCT, Winona State University Business Outreach Coordinator 507-457-5088 jkiehne@winona.edu