

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.

Mental Health First Aid USA is an 8-hour course that teaches a five-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professionals, peers, and self-help care. Participants learn the unique risk factors and warning signs of mental health problems, builds understanding of the importance of early intervention and, most importantly, teaches individuals how to help someone in crisis or experiencing a mental health challenge. <https://www.mentalhealthfirstaid.org/>

Fee: Free to LeadingAge MN Members thanks to a grant from LeadingAge MN Foundation and the Minnesota Department of Human Services.

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.

Mental Health First Aid is an 8-hour national certification course that 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.

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

- **Assess** for risk of suicide or harm
- **Listen** non-judgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

Training Dates:

The 8-hour course consists of 2 hours self-paced, online prep coursework to be completed prior to the (2) 3.5-hour in-person virtual sessions. Participants should only register for one cohort. First come, first served. **Limited to 15 seats per cohort.**

Click to [REGISTER for Mental Health First Aid \(MHFA\)](#)

Cohort	Session 1	Session 2	Time
1	Tues Aug 3	Wed Aug 4	4 pm - 7:30 pm
2	Tues Aug 10	Thurs Aug 12	2 pm - 5:30 pm
3	Tues Aug 10	Thurs Aug 12	6:30 am - 10 am

Participants must complete all self-paced prework 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.

Mental Health First Aid Certified Trainer: Kate Noelke recently began a position with Minnesota State Colleges and Universities Chancellor's Fellow for Mental Health. She previously served as Director of Integrated Wellness at Winona State University. In her day-to-day, she focused on coalition building for innovative ways to support the dynamic intersections of well-being and success, across cultures, experiences, values, and health conditions. Using a public health approach rooted in population-based equity initiatives, Kate strengthens access to networks of support on campus and across MN. Kate is also a passionate Youth and Adult Mental Health First Aid trainer, with over 700 successful students! [Kate Noelke LinkedIn](#)

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