



Mental Health First Aid is an in-person training that teaches you how to help people developing a mental illness or in a crisis.

**Mental Health First Aid teaches you:**



Signs of addictions and mental illnesses



5-step action plan to assess a situation and help



Impact of mental and substance use disorders



Local resources and where to turn for help



Mental Health & Recovery Services Board of Allen, Auglaize and Hardin Counties

The adult Mental Health First Aid course is appropriate for anyone 16 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions.

Mental Health First Aid courses are 8 hours long and feature:

Hands-on activities and practice

ALGEE, the 5-step action plan

An overview of local mental health resources, support groups, and other help

A resource manual packed with information on all topics covered in the course

CONTACT DDARBY@PVFF.ORG FOR MORE INFORMATION

**Training Funded By:**

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Mental Health & Recovery Services Board of Allen, Auglaize and Hardin Counties

**Training Provided By:**

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