

THE ALEPH INSTITUTE IS OFFERING A MENTAL HEALTH FIRST AID TRAINING

What you will learn:

- How to recognize signs of mental health disorders such as anxiety, depression, psychosis and addiction
- How to approach and support someone in a mental health crisis until appropriate professional help arrives
- How to be supportive, diffuse the situation, and encourage professional help
- Understand what to do if someone is suicidal, harming themselves, or refusing help
- Learn to assess risk, listening respectfully to support an individual in crisis, and identify appropriate professional help and other supports.

The course has **two components**.

Part I: Approximately 2 hours in length and must be completed prior to Part II.

Part II: Approximately 6 hours in length and is co-lead virtually on Zoom by MHFA Certified National Instructors.

The instructor led portion of the training will be

Sunday, August 14 from 9:00-3:30 CST

Once participants complete the course, they will receive a certificate of completion valid for three years from the date of the course.

MUST ATTEND THE FULL 8 HOURS TO RECEIVE CERTIFICATION

Registration required

Please click this link below:

[Register here](#)

Please note: there is a \$23.95 charge per participant that will be REFUNDED upon completion of the course.

YOU MUST REGISTER TO RESERVE A SPOT.