



MENTAL  
HEALTH  
FIRST AID®

# Adult Mental Health First Aid USA

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## Albany, GA

### 8:00AM - 5:00PM

#### What is Adult Mental Health First Aid (MHFA)?

*Adult MHFA is an 8-hour training to give individuals knowledge and tools to recognize mental health issues and provide support, specifically to adults. Similar to CPR, this training prepares a person with no clinical training to assist an adult going through a mental health crisis. Participants will learn risk factors and warning signs of mental illnesses and addictions as well as the five-step MHFA Action Plan (ALGEE) to assist someone to seek the appropriate professional help and other supports. This interactive course is taught through the use of modeling, group discussions, personal reflection, partner activities, and role-playing.*

**FREE Training      Pre-Registration Required**

**Saturday, March 27, 2021**

<https://sowega-ahec-amhfa-mar27.eventbrite.com>



**NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH**  
MENTAL HEALTH FIRST AID

*National Council for Behavioral Health operates Mental Health First Aid in the USA. The National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health founded Mental Health First Aid USA.*

