



MENTAL HEALTH FIRST AID WORKSHOP

Why Mental Health First Aid?

FPHRA is partnering with Gehring Group and offering a Mental Health First Aid **8-hour Certification Course** to all FPHRA members during the 2020 Annual Pre-Conference. This course will be offered at **no additional cost** as a value-added benefit to FPHRA members.

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour workshop gives you the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

What You Will Learn:

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

Proud Partners:



Are You Interested In Attending?

Name:

Organization Name:

Email Address:

Interested in attending the Certification Course during

Pre-Conference: Yes No

Interested in attending the Certification Course at a Regional

Workshop: Yes No

Comments:

Please Email Flyer to Babette Friedman | BFriedman@northmiamifl.gov