

Mental Health First Aid



What is Mental Health First Aid?

Mental Health First Aid is a public education program that introduces the risk factors and warning signs of mental health illnesses and substance use disorders, builds understanding of their impact, and reviews common support options. The eight-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis, and to connect persons to the appropriate professional, peer, social, and self-care help.

Who should attend?

This community-based education class is open to the public and intended for people interested in increasing their mental health literacy and skills. Anyone working or living in the community will benefit from this interactive class. Please note, this class may be too basic for those who work in mental health services.

Upcoming class

Friday, October 18, 2019

8:00 am – 5:00 pm

Above Every Name Ministries

733 Portland Ave

St. Paul, MN 55104

Register today

To sign up or learn more, contact:

ketaylor@healtheast.org

Register: [HERE](#) or

www.fairview.org/mentalhealthfirstaid

Register by Friday, October 11, 2019

This class is free

thanks to our sponsors

This class, valued at \$170 per person, is sponsored by Fairview Community Health and Innovation, St. Paul Ramsey County Public Health, and Above Every Name Ministries.

Lunch will be served.