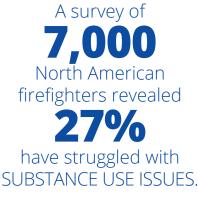




## North Country HEALTH CONSORTIUM



USA Today



NBC Washington

For more information regarding this North Country MHFA training, contact: Heidi Ballentine at hballentine@nchcnh.org or call 603-259-1744.

## Why Mental Health First Aid?

Mental Health First Aid for Fire/EMS teaches you **how to identify**, **understand and respond to signs of mental illnesses and substance use disorders.** This 8-hour training gives you the skills you need 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. It focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

### WHO SHOULD TAKE IT

- Firefighters
- EMS personnel
- Law Enforcement
- Other first responders
- Family members of first responders

#### WHAT IT COVERS

- A discussion of first responder culture, stigma and their relevance to the topic of mental health.
- Outreach tactics to respond to individuals experiencing a mental health crisis.
- A discussion of the specific risk factors faced by many first responders and their families.
- A review of common mental health resources for first responders, their families and those who support them.

#### The course will teach you how to apply the ALGEE action plan:

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

# TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

## WANT TO TAKE THE COURSE?

Where: UNH Cooperative Extension - 629A Main Street Lancaster, NH When: Thursday, September 12, 2019 from 8:30 AM - 5:00 PM



Register Here: http://bit.ly/mhfa0912