

# MHFA

**Mental Health First Aid Virtual Certification Training**  
3 Year Certification from National Council on Mental Wellbeing



## Do You Know ALGEE?

### LEARN THE ALGEE ACTION PLAN

You are more likely to encounter someone experiencing a mental health crisis than a heart attack. Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

### Interventions Learned

When you take a course, you learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing:

- Panic attacks
- Suicidal thoughts or behaviors
- Nonsuicidal self-injury
- Acute psychosis (e.g., hallucinations or delusions)
- Overdose or withdrawal from alcohol or drug use
- Reaction to a traumatic event

The opportunity to practice – through role plays, scenarios, and activities – makes it easier to apply these skills in a real-life situation.

## I CAN HELP IN YOUR...

- FAITH
- FAMILY
- EDUCATION
- BUSINESS



## 8-hour course

- 2-hrs. self-paced
- 6-hrs. instructor lead

**A Different Life...  
A Different Story...  
Same Cry... HELP!**

**\$80 | Register in advance**  
**[www.imWELL.network](http://www.imWELL.network)**  
**(919) 576-0556**

MIN. OF 5 MAX. OF 20 SLOTS PER TRAINING

LIMITED TIME OFFER FOR INDIVIDUAL  
REGISTRATION FOR MHFA TRAINING