

MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid is a skills-based training that teaches people how to identify, understand, and respond to signs and symptoms of a mental health or substance abuse challenges in adults ages 18 and over. The evidence behind the program demonstrates that it builds mental health literacy, providing an action plan that teaches people to safely and responsibly identify and address a potential mental health or substance abuse crisis.

WHAT IT COVERS:

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care

WHEN: Thursday, 10/16/2025

TIME: 8am-3pm

LOCATION: Henry Ford Rochester Hospital- 1101 W. University Drive, Rochester, MI 48307

ADDITIONAL DETAILS:

- Class is limited to the first 30 people.
- No cost to you for attending.
- There is 2 hours of self-paced, online prework that needs to be completed prior to the class.
- You will receive an email with detailed instructions on how to complete the prework.
- You will receive an email calendar invite for the class confirming your spot.
- Participants will receive 5 CMEs upon completion of the course.



**On average,
130
people die by suicide every
day.**

*Source: American Foundation for
Suicide Prevention*

**From 1999 to 2019,
841,000
people died from drug
overdoses.**

*Source: Centers for Disease Control
and Prevention*

**Nearly
1 IN 5
in the U.S. lives with a
mental illness.**

*Source: National Institute of Mental
Health*

RSVP by July 21, 2025, by sending an email with your name, your phone number, and the name of your congregation or place of worship to Shawn Bennis: sbennis1@hfhs.org.