



Just as CPR helps you assist an individual having a heart attack, **Mental Health First Aid (MHFA)** 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. MHFA is a **free** evidenced-based early-intervention training. The evidence behind the program demonstrates that it builds mental health literacy, providing an action plan that teaches people to identify and address a potential mental health or substance use challenge safely and responsibly.

### Addressing what population

- **Adult MHFA** – how to help adults ages 18 and older

### Type of training

- **Blended** – 2-hour self-paced **online pre-work** completed by the attendee prior to the 6-hour interactive **in-person** training with the instructor.

### What You Learn

- Risk factors and warning signs of mental health problems.
- Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- A 5-step action plan to help someone developing a mental health problem or in crisis.
- Where to turn for help — professional, peer, and self-help resources.

### 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.

**When: May 28, 2024**

**May 29, 2024**

**Where: Amarillo College,  
Moore County Campus  
1220 E. First Street  
Dumas, Texas**

**Frank Phillips,  
Rahll campus  
2890 FM 281  
Dalhart, Texas**

Registration: 9:30 am  
Class: 10:00 am – 4:00 pm

**Contact: Don Nicholson**  
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- **NOTE: Please respond to Don Nicholson with your Name, Title, Department / Agency, email and phone number by 05/22/2024, or contact Don for more information.**