Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

What you’ll learn:
- 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
- How to respond using the MHFA Action Plan (ALGEE):
  - A - Assess for risk of suicide or harm
  - L - Listen nonjudgmentally
  - G - Give reassurance and information
  - E - Encourage appropriate professional help
  - E - Encourage self-help and other support strategies

For more information about Mental Health First Aid, visit [MHFA.org](https://MHFA.org).

Training Details

Instructors
Dr. Alison Brennan, Assistant Professor/Extension Mental Health Specialist, Montana State University
Kevin Meenaghan, President & Chief Strategist, Wardroom Success Strategies

Format
Virtual - participants complete approximately 2 hours of online, self-paced prework in the MHFA Connect system before attending the instructor-led virtual session in Zoom.

Participant registration fee:
None. Costs covered by the Western Regional Agricultural Stress Assistance Program (WRASAP; visit farmstress.us for more information). WRASAP is supported by the USDA Farm and Ranch Stress Assistance Network under agreement 2020-70028-32731, proposal 2020-07631.

Date & time of virtual session:
Tuesday, June 27, from 12pm Mountain (11am Pacific / 8am Hawaii) to 6:30pm Mountain (5:30pm Pacific / 2:30pm Hawaii)

To register:
E-mail Alison Brennan, alison.brennan@montana.edu, no later than Monday, June 19.