



# Training Opportunity: Mental Health First Aid

**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

## Why MHFA?

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

(American Foundation for Suicide Prevention)

Nearly  
**1 in 5**  
adults in the U.S. live with a  
mental illness.

(National Institute of Mental Health)

For more information about Mental Health First Aid, visit [MHFA.org](https://www.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](https://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](mailto:alison.brennan@montana.edu), no later than **Monday, June 19.**