

## **You are invited to attend a FREE Mental Health First Aid training!**

### **DO YOU:**

- Work with members of the public?
- Have a friend or family member who struggles with mental health concerns?
- Sometimes feel uncomfortable talking about mental health, or unsure of what to say?
- Want to gain a better understanding of mental health concerns?

If you answered YES to any of these, then this training is for you!

### **WHAT IS MENTAL HEALTH FIRST AID?**

Mental Health First Aid (MHFA) is a training, just like medical First Aid or CPR, that gives you the information and skills to help someone with mental health concerns in both crisis and non-crisis situations. It is a national, evidence-based training, and over 2 million people in the United States have already been trained! The version we are providing through MState – MHFA for Higher Education - specifically focuses on the college setting, but the information is applicable to everyone.

### **During the 8-hour training, you will:**

- Learn about risk factors and warning signs of mental health issues
- Learn a 5-step action plan to assist individuals who are experiencing mental health concerns
- Apply the action plan to a variety of scenarios
- Receive a free manual and helpful resources

After completing the training, you will be certified in Mental Health First Aid and will be prepared to address the situations listed above, and many more! This training usually costs \$150+ per person, but is being provided **FREE** through a 1-year, \$150,000 collaboration grant from MinnState and partnership between Century College and MState.

**All community members age 18+ are welcome to attend.**

### **UPCOMING TRAININGS:**

To register for a training below, please visit the MState Workforce Development website at:

[https://mnscu.rschoolday.com/public/getclass/category\\_id/329/program\\_id/47/subcategory\\_id/4974](https://mnscu.rschoolday.com/public/getclass/category_id/329/program_id/47/subcategory_id/4974)

Each training is limited to 30 participants, so please register as soon as possible!

<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>	
Thursday	1/23/2020	8:00-4:30	Fergus Falls	
Friday	1/31/2020	8:30-5:00	Detroit Lakes	
Tuesday	2/18/2020	8:00-4:30	Fergus Falls	
Wednesday	2/5/2020	8:30-5:00	Moorhead	*This course is criminal justice-focused
Friday	2/21/2020	8:00-4:30	Wadena	

Wednesday	2/26/2020	8:30-5:00	Moorhead	*This course is healthcare-focused
Friday	2/28/2020	8:30-5:00	Moorhead	
Saturday	2/29/2020	8:30-5:00	Detroit Lakes (offsite at Essentia EMS Classroom)	
Friday	3/13/2020	8:00-4:30	Fergus Falls	
Wednesday	3/25/2020	8:30-5:00	Moorhead	*This course is healthcare-focused
Friday	3/27/2020	8:30-5:00	Detroit Lakes	
Friday	4/17/2020	8:00-4:30	Wadena	
Friday	4/24/2020	8:30-5:00	Moorhead	
Friday	5/22/2020	8:00-4:30	Fergus Falls	

\*\*We can also schedule additional dates by request (on-site or off-site) if a campus or community organization would like a specialized training for their group!\*\*

For more information, please email Kayla Simon at [kayla.simon@minnesota.edu](mailto:kayla.simon@minnesota.edu) or Jessie Breyer-Peterson at [Jessie.breyer-peterson@century.edu](mailto:Jessie.breyer-peterson@century.edu).

Thank you,

Kayla Simon (MState Grant Project Lead)  
Dr. Jessie Breyer-Peterson (Century College Grant Project Lead)