

For the rural community and  
those who serve them

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

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

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis
- Know how to connect a person with help
- Use self-care tools and techniques.

### UPCOMING VIRTUAL TRAININGS:

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 6.5-hour, Instructor-led Zoom Meeting either all in one day or split into 2 days. Limited to 30 adults.

1 day trainings start at 9am and end at 3:30pm

- May 17<sup>th</sup> 9AM-3:30PM
- July 17<sup>th</sup> 9AM-3:30PM

2 day trainings start at 12:30 & end at 3:30PM

- July 9<sup>th</sup> & 10<sup>th</sup> 12:30-3:30 PM
- July 23<sup>rd</sup> and 24<sup>th</sup> 12:30-3:30 PM

Please contact [jenniferpark@wisc.edu](mailto:jenniferpark@wisc.edu) for questions

Register online at:

<https://go.wisc.edu/9dsa65>



Trainings are offered the Great Lakes Rural Opioid Technical Assistance Regional Center (ROTA-RC) and is funded by SAMHSA to develop and disseminate training and technical assistance addressing opioid and stimulant use affecting rural communities in IL, IN, MI, MN, OH, and WI. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements