ATHRÚ PRESENTS: MENTAL HEALTH FIRST AID

SHRM—
SHRM-CP | SHRM-SCP
RECERTIFICATION
PROVIDER

SESSION IS ELIGIBLE FOR 7.5 PDC FOR SHRM-CP OR SHRM – SCP CREDENTIAL HOLDERS

WHY 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.

EVENT INFORMATION:

DATE: March 13th & 20th

TIME: 10:00 am - 1:30 pm ET

COST: \$199 PER PERSON FOR NATIONAL EAP/ PNNY

MEMBERS (\$265 FOR NON-MEMBERS)

** MUST ATTEND BOTH SESSIONS AND COMPLETE 2
HOURS OF PREWORK TO RECEIVE THE FULL CREDIT

WHAT IT COVERS:

- 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.
- Expanded content on trauma, substance use and self-care.

On Average
130

People die by suicide every day.

Source: American
Foundation for Suicide

Prevention

From 1999 to 2019 **841.000**

People died from drug overdoses.

Nearly Source

1 in 5

Control a

in the U.S. lives with a mental illness Source: National Institute

of Mental Health

Source: Centers for Disease Control and Prevention

TO REGISTER:

Click Here to Register, or Scan the QR Code Below:







LEARN HOW TO RESPOND WITH THE MENTAL HEALTH FIRST AID ACTION PLAN (ALGEE):

Assess for risk of suicide or harm.

Listen nonjudgmentally.

Give reassurance and information.

Encourage appropriate professional help.

Encourage self-help and other support strategies.