



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

ATHRÚ PRESENTS: MENTAL HEALTH FIRST AID



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

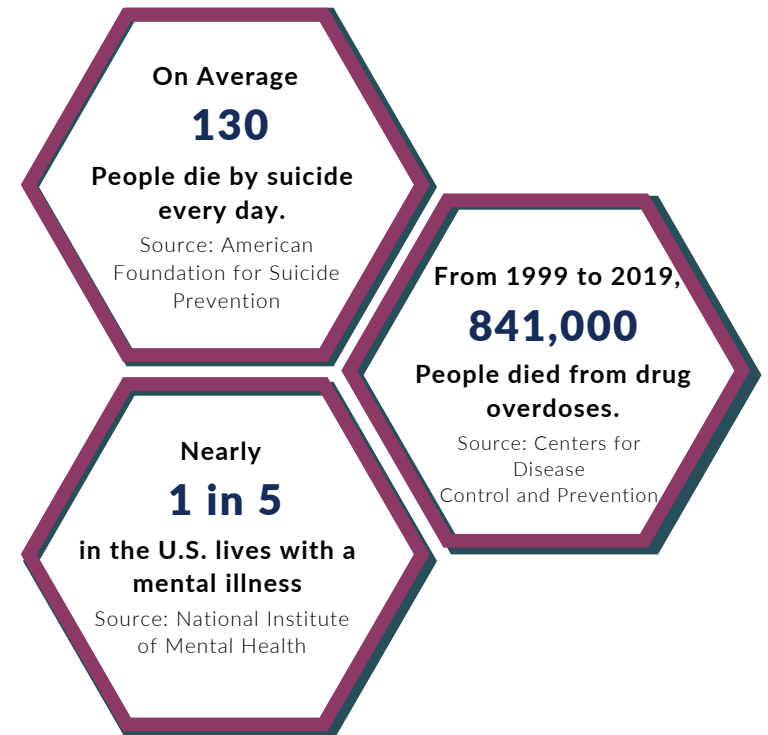
TIME: 10:00 am - 1:30 pm ET

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.



TO REGISTER:

[Click Here to Register](#), or Scan the QR Code Below:



— POWERED BY NATIONAL EAP —

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

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

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