



Have you ever wondered what to do when you are worried about another service member, a friend, or a family member?

MENTAL HEALTH FIRST AID FOR VETERANS

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid for Veterans, Military Members and their Families teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

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.

Join the more than

2.6 MILLION

First Aiders who have chosen to be the difference in their community.

REGISTER TODAY!

Delivery Format:

Date and Time:

Location:

Where to Register:

"So many people are out there wishing for something better, hoping that help will show up. That's what Mental Health First Aid is — it is help to get people connected to care and ultimately to get them to a better place."

— Tousha Paxton-Barnes, U.S. Army Veteran