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MENTAL HEALTH FIRST AID TRAINING RECENTLY OFFERED

Brookings Area United Way recently hosted an 8-hour, Mental Health First Aid course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis such as contemplating suicide. This is an evidence-based program widely used throughout the United States.

19 individuals were trained. The goal of the training is to help support an individual until appropriate professional help arrives. The Mental Health First Aiders learned a strategy that includes: Assessing risk, respectfully listening to and supporting the individual in crisis, identifying appropriate professional help and other supports.

The participants were introduced to risk factors and warning signs for mental health or substance use problems, engaged in experiential activities that build understanding of the impact of illness on individuals and families, and learned about evidence-supported treatment and self-help strategies.

Mental Health First Aid is intended for people and organizations that make up the fabric of a community. Professionals who regularly interact with people such as police officers, nurses, human resource directors, primary care workers, school/college leadership, faith communities, and friends and family of individuals with mental illness or addiction, and community members are encouraged to attend.

The next Mental Health First Aid course is schedule for October 5th, 2022. Please visit <https://brookingsunitedway.org/mental-health-training/> to sign-up or learn more. There are also two Youth Mental Health First Aid courses scheduled for June. For any question or if you need assistance signing up, please reach out to heidi@brookingsunitedway.org or call 605-692-4979.

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