



BECOME A MENTAL HEALTH FIRST AIDER

FREE Virtual Opportunity!

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 6-hour, Instructor-led Zoom Meeting.

Upcoming class dates:

- Monday, January 10
- Friday, March 4
- Wednesday, May 11

Class time: 9:00am - 3:00pm

Register at: bit.ly/AMHFA2022

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.

MENTAL HEALTH FIRST AID teaches you how to identify, understand, and respond to signs of mental illness 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 the appropriate care.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Questions?

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