



For the rural community and  
those who serve them

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

## 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.

Sign up for a **FREE Adult Mental Health First Aid Training** at  
<https://wirose.wisc.edu>

## UPCOMING VIRTUAL TRAININGS:

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 6.5-hour, Instructor-led Zoom Meeting. Limited to 30 adults.

Please contact [jenniferpark@wisc.edu](mailto:jenniferpark@wisc.edu) for questions

All trainings start at 9am and end at 3:30 PM

- [Jan 31, 2023](#)
- [Feb 24, 2023](#)
- [Feb 27, 2023](#)
- [March 22, 2023](#)

