

# MENTAL HEALTH

## FIRST AID COURSE

SEPTEMBER 25, 2024

### Research shows that Mental Health First Aid leads to:

- Greater recognition of behavioral health challenges
- Increased confidence in one's ability to help
- Increased amount of help provided
- Decreased stigmatizing attitudes while promoting inclusion

60% of college students reported experiencing one or more mental health challenges.

- 2 hr pre-course work
- 6.5 hr Instructor-led in-person session
- Open to all employees
- Recieve 3 Yr Nat'l Cert

**REGISTER BY Friday, September 11, 2024:**

