



Lynne Bourgeois

Adult/Youth Mental Health First Aid Instructor
for



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*Interested in more info
or
want to register?*

Scan QR code to take you to a Google form,
or enter the link provided into your internet browser.

Schools



<https://forms.gle/5AEoyBy2utc51ct26>

Community



<https://forms.gle/EPBGcVDjzchGz6fz7>



*would like to
introduce you to*



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

What is Mental Health First Aid?

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

There are 2 options:

Youth or Adult

What it covers:

- Common signs and symptoms of mental health challenges for the specified age group
- Common signs and symptoms of substance use challenges.
- How to interact with an adult or child in crisis.
- How to connect the person with help.
- Expanded content on trauma, substance use and self-care.

Training Details:

VIRTUAL:

- done *completely online*.
- 2 hrs pre-work in online system
- 4.5 to 5.5 hrs Zoom session on scheduled date
- After Zoom, complete *post course work online*

(Participant has access to online materials with this option)

BLENDED:

- done *partially online and in person*.
- 2 hrs pre-work in online system
- 4.5 to 5.5 hrs in-person session on scheduled date
- After in-person session, complete *post course work online*

(Participant has access to online materials with this option that can be printed and brought to in person session)

Trainings must be between 5 and 15 participants.

Cost:

Free if you live or work in one of the following parishes:

Acadia, Allen, Ascension, Assumption, Avoyelles, Beauregard, Catahoula, Concordia, Evangeline, Jefferson Davis, Lafourche, Plaquemines, Pointe Coupee, St. James, St. Landry, St. Martin, St. Mary

If you do not live or work in these parishes, there is a \$24.00 per participant charge.