

# Mental Health First Aid (MHFA)

## Course Description

MHFA is a skills-based training that teaches adults (18+) how to recognize when another adult is experiencing signs and symptoms of a mental health or substance use challenge or crisis and how to help. Like a physical first aid course, learners will gain skills on how to safely and effectively approach, assist, and connect a person to appropriate help. MHFA is a research-based program that studies show reduces stigma, improves knowledge, and increases first-aid actions toward people experiencing mental health challenges. More than 3 million adults in the U.S. have been trained in MHFA since 2008.

## Course Details

- 8-hour online course with 2 hours of online pre-work.
- Participants must be present and engaged for at least 90% of the training to be certified.
- You will need a device with a working camera, microphone, and speaker. This is not designed to be completed via a smartphone.
- Learners receive a workbook, manual, and other resources.
- Certifications last for 3 years.

MICHIGAN STATE UNIVERSITY | Extension

## Free Course Opportunity!

Residents of Wayne County Commission District 10 (Plymouth-Canton) & residents of various Northwest Wayne County communities *may be eligible* for a **FREE** course code. Email [district10@waynecounty.com](mailto:district10@waynecounty.com) with your address or call [313-224-0882](tel:313-224-0882) to verify your eligibility. Spaces for residents outside of District 10 are limited, so act now if you're interested in receiving your free course code!

## Course Dates

July 13	August 23
July 19	August 30/31
July 26/27	September 12
August 2	September 20/21
August 8/9	

## Sponsorship

This opportunity is sponsored by Families Against Narcotics of Northwest Wayne County in partnership with the office of Wayne County Commissioner Melissa Daub.

Scan the QR or visit <https://www.canr.ms.u.edu/mental-health-first-aid/adults> for more information.

