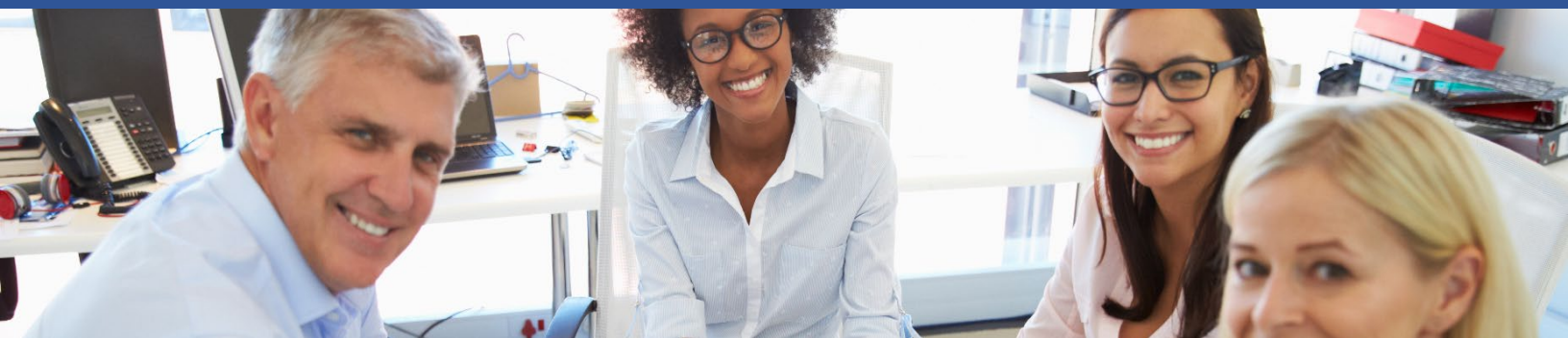


# WHY YOU SHOULD CONSIDER BEING A MENTAL HEALTH FIRST AIDER



On average

**123**

people die by suicide each day

**1 in 5**

people live with  
a mental health condition



MENTAL  
HEALTH  
FIRST AID

**Adult 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.

## Virtual Adult Mental Health First Aid

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

**Time: 9am - 4 pm (30 min lunch scheduled)**

**Wed., Sept 29th, 2021**  
(register by Sept. 24th)

**Click here to register:**  
<https://bit.ly/2UJyOw2>

**Mon., Nov. 15th, 2021**  
(register by Nov. 10th)

**Click here to register:**  
<https://bit.ly/3x7JhhE>



**Extension**

UNIVERSITY OF WISCONSIN-MADISON

Douglas & Bayfield Counties



**NAMI**  
National Alliance on Mental Illness

**Douglas  
County WI**

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Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. In certain situations, information related to requests may be shared with staff or units necessary to help coordinate an appropriate accommodation.

Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WiROSE is a project of the Extension Health and Well-being Institute.