

## Mental Health First Aid (Virtual and In-person)

Mental Health First Aid (MHFA) is an educational program of the National Council For Mental Wellbeing. The course teaches participants how to identify, understand and respond to signs of mental illness and substance use disorders. It includes an in-depth training of effective skills and knowledge necessary when reaching out to someone in distress and providing support.

### What will I learn in a Mental Health First Aid course?

- How to recognize the signs and symptoms of common mental health conditions
- A five-step action plan on how to have an effective and compassionate conversation regarding someone's mental health
- Suicide prevention
- Mental health resources for information, care and support
- **BONUS!** Mental Health Resource Guide for the Bleeding Disorders Community

### Why is this course important to this community?

Living with a bleeding disorder can be stressful, unpredictable and at times, painful. These challenges can create the perfect storm for developing mental health conditions. This course provides knowledge on what to look out for and how to help a blood brother or sister going through a difficult time.

### What are the logistics of the course?

This course involves a 2.5 hour self-paced online portion plus a 5 hour instructor-led session. The live portion can be conducted online or in-person and the course can be broken up into 2 sessions.

### How can I get information about arranging a Mental Health First Aid course?

This course is being offered to the National Bleeding Disorders Foundation and Hemophilia Federation of America chapters, hemophilia treatment centers and national organizations dedicated to the bleeding disorders community.

If you are interested in booking a MHFA course, please contact Mental Health Matters Too at [debbie@mhmtoo.com](mailto:debbie@mhmtoo.com) or call 832-689-9434.