

Adult Mental Health First Aid Training



Space Available Now!
Friday, June 23rd from 8:30-5:30

Why Mental Health First Aid?

As a result of an assessment of community needs, the Jacksonville area nonprofit hospitals are partnering to offer free mental health first aid training across Northeast Florida.

What Is Adult Mental Health First Aid?

Adult Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help someone who is developing or experiencing a mental health crisis.

Curriculum Highlights

Training includes a 5-Step Action Plan to help you learn the following skills:

- Identify common mental health challenges for adults.
- Increase awareness of and refer people to resources.
- Teach participants to recognize symptoms, offer and provide initial help, and to guide a person to the appropriate treatments and other supportive help.
- Dispel myths about mental illness and understand the prevalence of mental illness.

To sign-up for this class: The class will be held at the UF Proton Center located at 2015 N Jefferson St, Jacksonville, FL 32206. [Click here](#) to register on the First Coast Worksite Wellness Council's website or visit <https://fcwwc.wildapricot.org/events>.

Learn More: Visit the national website <http://www.mentalhealthfirstaid.org>

CEU Eligible: The course is eligible for 7.0 contact hours for the following health professionals. LCSW, Licensed Marriage and Family Therapist, Licensed Mental Health Counselor, Certified Master Social Worker, Registered Nurses, Advanced Registered Nurse Practitioners, Licensed Practical Nurses, Licensed Midwife, Occupational Therapist, Occupational Therapist Assistant, Pharmacist, Registered Pharmacy Tech, Respiratory Care Practitioner Critical Care, Respiratory Care Practitioner Non-Critical Care, Certified RT Registered RT and Dietician/Nutritionist

