

North Country Substance Use Disorder and Prevention Series



North Country
HEALTH CONSORTIUM



Mental Health First Aid

Target audience includes:

Behavioral health professionals, physicians, physician assistants, nurse practitioners, nurses, peer recovery workers, and any others working in the community

**Continuing education provided - See registration for details!*

Mental Health First Aid (MHFA) is an **evidence-based training** designed to train everyone on **skills to help** someone experiencing a **mental health problem** or crisis. Those trained in MHFA have greater confidence and skill in **providing help, advising people** to seek help and **decreasing stigmatizing** attitudes.

Participants will...

- Recognize the potential risk factors and warning signs for a range of mental health problems, including depression, anxiety/trauma
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help
- Interpret the prevalence of various mental health disorders in the US and the need for reduced negative attitudes in their communities
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery

May 11, 2023

8:30 AM - 3:30 PM

Runnells Hall, Chocorua, NH

Cost: \$50.00

*** Register today!**

<https://www.nhadaca.org/event-5014103>

Questions? Contact: Laura Remick,
Workforce and Education Coordinator
lremick@NCHCNH.org | (603) 259-4811

Presented by: Jane Skantze, MSW & Carol Furlong, LCMHC, MAC, MBA; both are trained presenters for Mental Health First Aid through the National Council for Mental Wellbeing. Jane is the Community Impact Manager at Makin' It Happen, Manchester, NH. Carol is Director of Substance Use Services at Hillsborough County North Drug Court.