

# Mental Health First Aid



Mental Health First Aid (MHFA) teaches you how to understand and respond to signs of mental health and substance use challenges among adults.

Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

## Class Details:

- Saturday, March 2nd, 2024
- 9:30am–3:30pm
- 5.5 hours of in-person instruction with a half hour lunch break
- \$10 registration per person to cover supplies and materials
- 2.5 hours of online course need to be done prior to attending

## What you'll learn:

- Common signs & symptoms of mental health challenges
- Common signs & symptoms of substance use challenges
- How to interact with a person in crisis
- How to connect a person with help
- Expanded content on trauma, substance use and self-care

## To Register:

Call 208-459-6003 or  
email [canyon@uidaho.edu](mailto:canyon@uidaho.edu)



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Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact the Canyon County Extension by at least two weeks prior to the event at 501 Main Street, Caldwell, 208-459-6003 or [canyon@uidaho.edu](mailto:canyon@uidaho.edu).