

# 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.

**Sign up for a FREE Adult Mental Health First Aid Training  
at <https://wirose.wisc.edu/community-programming/>**

## Virtual Adult Mental Health First Aid

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

### Upcoming Trainings

All trainings start at 9am and end at 3:00pm

(15 min lunch scheduled)

- [Feb 26, 2021](#)
- [March 2, 2021](#)
- [March 9, 2021](#)
- [March 11, 2021](#)



**Extension**

UNIVERSITY OF WISCONSIN-MADISON