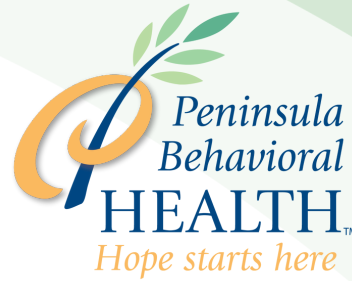


Adult Mental Health First Aid Training



About Mental Health First Aid (MHFA):

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorder. 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.

Who Should Take It:

- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders
- Community Members
- Caring individuals
- Service groups

Why You Should Learn MHFA:

- You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack.
- Learn how to help a friend, family member, coworker or neighbor in need.
- 1 in 5 U.S. adults lives with a mental illness.

This course will teach you how to apply **ALGEE** action plan:

- **A**ssess the risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other supports.

2 hours of self-paced, online pre-work must be completed before the instructor-led training.

Space is limited!
Reserve a seat today!
There is NO COST for this training.

October 20, 2025

9am – 4:30pm

Hosted by: ʔaʔkʷustəŋáwtɬw

House of Learning

Peninsula College Longhouse

1502 E. Lauridsen Blvd.

Port Angeles, WA



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