



Join the more than  
**2.6 million**  
First Aiders who have  
chosen to be the difference  
in their community.

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) is a virtual training hosted via Zoom that teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults.

You'll build the skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis. Know how to connect a person with help.
- Use self-care tools and techniques.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

**A**ssess for risk of suicide or harm.

**L**isten nonjudgmentally.

**G**ive reassurance and information.

**E**ncourage appropriate professional help.

**E**ncourage self-help and other support strategies.

## REGISTER TODAY!

Register at <https://qualityhealthnd.org/mhfa> or scan the QR code. **You must register 2 weeks in advance of your selected date.**

*\*Virtual training courses are held three times per month!*



**NOTE: Training requires 2 hours of pre-work + a post-test and evaluation.**



Quality Health Associates  
of North Dakota

### Continuing Education Approval

This event has been approved for **8.75** continuing education credits as follows:

- Contact hours for nurses (North Dakota Board of Nursing)
- LCCR/LCCI hours for EMS personnel (ND EMS Unit)
- CEUs for Nursing Home Administrators (QHA is an approved provider by the North Dakota Board of Examiners for Nursing Home Administrators)
- Contact hours for Peace Officers (Peace Officers Standards and Training Board)
- CEUs for Licensed Social Workers (ND Board of Social Work Examiners)
- CEUs for Licensed Counselors (ND Board of Counselor Examiners)
- CEUs for Licensed Addiction Counselors (ND Board of Addiction Counseling Examiners)
- CEUs for North Dakota Certified Peer Support Specialists (ND Behavioral Health)

*\*This training has been approved for **8.5** continuing education credits by the North Dakota Board of Massage Therapy.*

*This course is valued at \$170. Thanks to a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), learners may attend at no charge.*

In-person training is also available through FirstLink. To view the schedule, visit: [Trainings | FirstLink \(myfirstlink.org\)](#)

For more information, visit [qualityhealthnd.org](https://qualityhealthnd.org).