



# Adult Mental Health First Aid presented by Crisis Intervention Training (CIT)

## TRAINING GOALS AND IMPACT

Mental Health First Aid for Adults teaches how to identify, understand and respond to signs of mental illness and substance use disorders in adults 18 and older. Enhance skills needed to provide initial support and help connect people to appropriate care if necessary.

## IN THIS 8 HOUR, 1 DAY TRAINING:

- Identify common signs and symptoms of mental illness and substance use
- Assess for risk of suicide or harm
- Know how to interact with a person in crisis
- Know how to connect a person with help
- Become certified in Mental Health First Aid for Adults

NATIONAL  
COUNCIL  
for Mental  
Wellbeing

## WHO IS THIS TRAINING FOR?

- First responders working with adults 18+ including:
  - Community and Public Services Officers
  - Private Security
  - Direct Service Providers and Support Staff
  - Medical Personnel
  - Campus Security and Public Safety
- Crisis Intervention Trained professionals looking to expand their knowledge surrounding mental health crises

## CONTACT US

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