

# 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

**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 6.5-hour, Instructor-led Zoom Meeting.

### Upcoming Trainings:

#### 1-day Trainings:

- [April 22, 2022 9AM to 3:30 PM](#)
- [May 3, 2022 9 AM to 3:30 PM](#)
- [May 20, 2022 9 AM to 3:30 PM](#)
- [June 6, 2022 9 AM to 3:30 PM](#)

#### 2-day training is also available

- [June 29th AND June 30th 12:30-3:30 PM](#)



Extension  
UNIVERSITY OF WISCONSIN-MADISON

Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WIROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WIROSE is a project of the Extension Health and Well-being Institute. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements