



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



YOUTH MENTAL HEALTH FIRST AID REGISTRATION

Mental Health First Aid is an 8 hour public education program which introduces participants to the risk factors and warning signs of mental health problems in adolescents or adults, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent or adult in crisis or experiencing a mental health challenge.

Participants in Mental Health First Aid must be at least 18 years of age. Are you 18 years old or older? Yes

Please complete your contact information:

NAME

LAST NAME

EMAIL

PHONE NUMBER

ORGANIZATION (if applicable)

We are interested in learning why people sign-up for Mental Health First Aid.

Why are you interested in taking this course? Circle all that apply.

I am a parent or caregiver of a young person

General interest in mental health issues

Important to my work

Friend recommended it to me

Required for my work

Prefer not to answer

Other (please specify)

How did you hear about this course offering?

Friend or colleague

My employer

Received an email

Other (please specify)

Social media

Newspaper

Internet website

Thank you for your interest in Mental Health First Aid. You will receive an email with confirmation and the location of the training!

If you have any questions, please contact: diana@bettertogetherlacrosse.org