



MENTAL  
HEALTH  
FIRST AID

# MENTAL HEALTH FIRST AID<sup>®</sup>

## FOR VETERANS, SERVICEMEMBERS AND THEIR FAMILIES

### When:

May 19th, 8:30am to 5:00pm

### Where:

Eagles Healing Nest, Auditorium  
310 US Hwy 71 N, Sauk Centre, MN

### Cost:

\$65.00, includes all materials

### How to Register:

[mhfa-for-vets-519.eventbrite.com](http://mhfa-for-vets-519.eventbrite.com)

### For More Info:

[info@theheartandmindconnection.org](mailto:info@theheartandmindconnection.org)

**Mental Health First Aid** is an 8-hour, evidence-based program which introduces participants to the unique risk factors and warning signs of mental health and substance use in adults, builds understanding of the importance of early intervention, and teaches individuals how to help adults in crisis or experiencing a mental health challenge.

Mental Health First Aid for Military and Veterans uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect adults to professional, peer, social, and self-help care.

Family members and personnel working with military and families are often not aware of how to engage veterans with mental illnesses and addictions. In addition to the impact of military service on the veteran, each has a circle of family (significant other, children, parents, siblings, etc.) and friends who are also impacted by their military service.

*There are limited spaces for this training, please ensure to register by **May 10!***



Included in SAMHSA's  
National Registry of  
Evidence-based  
Programs and Practices

### WHAT IT COVERS

- A discussion of military culture and its relevance to the topic of mental health.
- A discussion of the specific risk factors faced by many service members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and Mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help.
- Community resource and support information.

*Studies show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.*

**Thank  
You**  
to our  
Generous  
Hosts:



TRAINING

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