

MENTAL HEALTH FIRST AID FOR VETERANS, SERVICE MEMBERS & THEIR FAMILIES

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) is a workshop designed for all community members to learn how to help others in distress.



Rates of suicide and poor mental health have increased in our U.S. community members & veterans. MHFA has been taken by veterans, service members & military families across the U.S. to address this troubling trend.

MHFA provides service members, veterans, their families and those serving them with the skills to recognize peer distress, provide support and refer individuals to mental health services when needed.

WHAT DOES MHFA INCLUDE?

1) **A full-day, interactive workshop:** This free workshop features US veteran & service member instructors, interactive activities, role play demonstrations and videos to educate participants in recognizing signs of poor mental health and supporting one another.

2) **A paperback MHFA manual:** All participants receive a free copy of the Mental Health First Aid manual which they can use to remember core content & crisis de-escalation steps to help those in distress.



Register HERE at no cost:

<http://www.cvent.com/d/1yqzld>

Upon registration a spot will be reserved for participation in the MHFA workshop.

OSPF and the ONG provide MHFA to service members, veterans, families & community members passionate about supporting our military.

Registration Deadline: November 1, 2019

Additional information can be found on MHFA at: Mentalhealthfirstaid.org
For additional questions, call: **614-429-1528**
Email: austin.lucas@ohiospf.org
This event will be ADA compliant.

WHEN AND WHERE IS THE TRAINING?

November 8, 2019
7:30am - 4:30pm
OSU Extension Office
(Buckeye Room)
18000 State Route 4
Marysville, OH 43040



MHFA has been used by veterans and service members across the US to learn how to look out for a peer. Ohio's MHFA trainings are led by veterans, guardsmen & women and service members trained as MHFA Instructors.

Register for the Mental Health First Aid free training to learn how you can be prepared to support your peers, friends, and family.



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