

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

### Upcoming Trainings

All trainings start at 9am and end at 3:30pm

- [Oct 25, 2021](#)
- [Nov 5, 2021](#)
- [Nov 11, 2021](#)
- [Dec 10, 2021](#)



**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