

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. The Zoom meeting may be 1 day or split into 2 days depending on the training dates

Upcoming Trainings

1 day Zoom

9am-3:30pm

- [July 13th](#)
- [Aug 19th](#)

2 days Zoom (times vary)

- [July 26th & 27th \(1-4 pm\)](#)
- [Aug 11th & 12th \(9am -noon\)](#)
- [Sept 8th & 9th \(9am – noon\)](#)



Extension
UNIVERSITY OF WISCONSIN-MADISON

Start and end times listed on the registration form and the [WiROSE website](https://wirose.wisc.edu/)