

The Georgia Mental Health Consumer Network is pleased to provide Mental Health First Aid Trainings at no cost to groups across the state. The training teaches:

- Risk factors and warning signs of behavioral health problems.
- Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- A 5-step action plan to help someone developing a behavioral health problem or in crisis.
- Where to turn for help — professional, peer, and self-help resources.



MHFA is an 8-hour training course designed to give members of the public key skills to support someone who is developing a behavioral health problem or experiencing a behavioral health crisis.

The MHFA training is designed for participants who work with people who have behavioral health concerns, but who do not have any formal training in behavioral health. The training includes a 5-Step Action Plan that can be applied to all behavioral health challenges.

Mental Health First Aiders are:

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|------------------------------|----------------------------|
| People in Recovery           | Parents                    |
| First Responders             | Primary Care Employees     |
| Faith Community Leaders      | School and College Workers |
| College Students             | Nurses                     |
| Human Resource Professionals | Co-Workers                 |
| Caretakers                   | Social Services            |
| Librarians                   | Coaches                    |
| Community Members            | Correction Officers        |
| Security Guards              |                            |

MHFA provided by GMHCN is unique. The trainings are recovery-based and are presented by Certified Peer Specialists who bring their lived experience to your training.

There is no cost for this training. The only requirements are a venue for the training, and 20 - 25 participants, to be arranged by the host. The host will also need to provide lunch if there are no nearby restaurants for participants to visit on break. Everything else is provided at no charge to the host.

To learn more about hosting or attending a Mental Health First Aid training, please email [mhfa@gmhcn.org](mailto:mhfa@gmhcn.org) or phone 404-687-9487.