



Mental Health First Aid for Rural Communities



WHY MENTAL HEALTH FIRST AID?

Stand with your community and learn to identify, understand and help someone who may be experiencing a mental health or substance use challenge. In rural communities, there are significant challenges in accessing mental health care. Mental Health First Aid for Rural Communities helps adults acknowledge and begin to address those challenges, as well as to identify the many unique strengths that come from living in a community of supportive neighbors, friends, and families.

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Content on trauma, substance use and self-care.

WHO SHOULD TAKE IT

- Individuals who are a part of, connected to or support rural communities.

REGISTER TODAY!

- **FREE** virtual training courses are held three times per month through September 2026!

Register at: qualityhealthnd.org/mhfa or scan QR Code below



Notes:

- This training includes 2 hours of prework, a 6.5 hour virtual training session (camera and audio required), and a post-test with evaluation.
- Training is valued at \$170. Thanks for a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), learners may attend at no charge.

- **8.5-8.75 CEUs are available for several disciplines in ND:** Nursing, EMS, Nursing Home Administrators, Peace Officers, Licensed Social Workers, Licensed Counselors, Licensed Addiction Counselors, Peer Support Specialists, and Massage Therapists.

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

In 2024, North Dakota lost

148

people to suicide.
(NDHHS)

Together, we can prevent future loss.

OUR TESTIMONIALS

"Before this course, I could recognize the signs but did not know how to help. I may have been part of the problem, too, by treating them differently and creating a stigma."

"I feel like it was all very helpful. To know how to look for signs and engage right away, instead of turning a blind eye to the crisis situation and how to approach it safely."

"I have become more aware of signs to watch for when someone may need assistance (outside of my work) and have been more apt to start conversation."