

# Mental Health First Aid

**Mental Health First Aid (MHFA) training teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults.**

- Date: Saturday, March 23rd in Gilbert Creek Price Commons 8:00am - 4:30pm (with a 30 minute lunch on your own).
- Participants must attend the full day and pre-registration is required
- Prior to the training, participants will receive instructions regarding setting up an account to complete a pre-survey that will take less than 10 minutes.

**Email Chasidy Faith at [faithc@uwstout.edu](mailto:faithc@uwstout.edu) or Ann Hoffman at [hoffmanan@uwstout.edu](mailto:hoffmanan@uwstout.edu) to register.**



Sponsored by Student Counseling Center and University Housing