

MENTAL HEALTH FIRST AID

WE TEACH PEOPLE HOW TO IDENTIFY, UNDERSTAND, AND
RESPOND TO SIGNS OF MENTAL HEALTH CHALLENGES



THERE'S NO HEALTH WITHOUT MENTAL HEALTH

www.coffeewithjr.com/mhfa

MENTAL HEALTH FIRST AID

WITH THE EMPHASIS OF CULTURES

WHY MENTAL HEALTH FIRST AID

Nearly 1 in 5 people in the U.S. lives with a mental illness and 130 people die by suicide every day.

WHAT IT COVERS

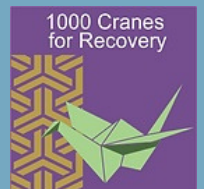
- Common signs and symptoms of mental health and substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- How to provide culturally appropriate mental health support.
- Mental Health First Aid Action Plan

WHAT YOU WILL LEARN

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

THREE WAYS TO LEARN

- **In-person** - Learners will receive their training as an 8-hour, Instructor-led, in-person course
- **Blended** - Learners complete a 2-hour, self-paced online course, and participate in a 6-hour, Instructor-led training either virtually through Zoom or in-person



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MEET YOUR INSTRUCTOR: JR KUO

JR is a national speaker, trainer, and coach that inspires people to make positive changes in their life. He is the founder of CoffeeWithJR, a company that specializes in providing culturally competent mental health and diversity/inclusion training. JR has over 10 years of experience in professional speaking. JR has been an instructor for Mental Health First Aid for over 5 years. He has taught over 80 Mental Health First Aid courses to corporations, small businesses, nonprofits, and governmental agencies such as:

- AllHealth
- Catholic Charities
- Center of African American Health
- Janus Henderson
- Mental Health Center of Denver
- OSHA - The US Dep of Labor
- Parks & Recreation - City and Couty of Denver

CONTACT

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