

# Mental Health First Aid

for the farming community and  
those who serve them

Just as CPR teaches you how to help someone having a heart attack, Mental Health First Aid teaches you how to help someone experiencing a mental health or substance use challenge. This skills-based course helps you identify, understand, and respond in crisis and non-crisis situations.

**COST:**

FREE

**QUESTIONS:**

For questions or assistance, including help accessing high-speed internet or a computer, call 608-339-4237

**UPCOMING TRAININGS:**

**Part I** is a Self-Paced Online Module

**Part II** is a Live Instructor-Led Skills Course

**FRI, MAR 11** from **9:00 am – 3:30 pm** on Zoom

**REGISTER AT:**

<https://go.wisc.edu/420143>



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