

## Mental Health First Aid

For Southwestern Wisconsin  
Friday Dec 8<sup>th</sup> - 9:00-3:30 online

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions.

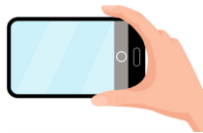
### **COST:**

Free to public

### **QUESTIONS:**

Bridget Mouchon 608-328-9440  
[blmouchon@wisc.edu](mailto:blmouchon@wisc.edu)

Bev Doll 608-723-2125,  
[beverly.doll@wisc.edu](mailto:beverly.doll@wisc.edu)



### **UPCOMING TRAININGS:**

**When & Where:** Online program totals 8 hours:

\*2-hour self-paced pre-class segment, plus

\*Live online session - Friday, Dec 8, 9:00am-3:30pm

### **REGISTER AT:**

[https://uwmadison.co1.qualtrics.com/jfe/form/SV\\_0eTZAfppMCTn07I](https://uwmadison.co1.qualtrics.com/jfe/form/SV_0eTZAfppMCTn07I)

The North Central Farm and Ranch Stress Assistance Center: Engaging Programs to Support Producer Well-being (NCFRSAC) is based upon work supported by USDA/NIFA under award number 2020-70028-32728. Mental Health First Aid trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WiROSE is a project of the Extension Health and Well-being Institute"

An EEO/AA employer, University of Wisconsin—Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

