



Mental Health First Aid for Veterans, Service Members, & Families

What is MHFA?

Mental Health First Aid (MHFA) is a workshop designed for any community member to learn how to help others in distress. MHFA provides service members, veterans, their families, & those serving them with the skills to recognize peer distress, provide support, & refer individuals to mental health services when needed.

MHFA has been used by Veterans & Services Members across the US to learn how to look out for a peer. Ohio's MHFA Trainings are led by veterans and services members trained as MHFA Instructors.

What Does MHFA Include?

The full-day workshop includes:

- 1) **A full-day, interactive workshop:** This FREE workshop features U.S. veteran instructors, interactive activities, role-play demonstrations, & videos to educate participants in recognizing signs of poor mental health & supporting one another.
- 2) **A paper-back MHFA manual:** All participants receive a free copy of the Mental Health First Aid manual which they can use to remember core content & crisis de-escalation steps to help those in distress in their communities.
- 3) **Child-care per-diems:** Registrants are eligible to receive 1 child-care per-diem per family, providing \$15 per hour (\$120 for those who attend the full-day training). The per diem will be issued AFTER the training at a later date via check.

Rates of suicide & poor mental health have increased in our U.S. community member & veterans. MHFA has been taken by veterans, service members, & military families across the U.S. to address this troubling trend.
Register for the free training to learn how you can be prepared to support your peers, friends, & family.

When is the MHFA Workshop?

January 26th, 2019

Partnership for Violence Free Families

309 W. High Street

Lima, OH 45801

Sign-In: 8:00am-8:30am | Training: 8:30am-5:00pm



How Do I Register?

Register **HERE** at no cost:

<http://www.cvent.com/d/fbq636>

OSPF and Partnership for Violence Free Families provide MHFA to service members, veterans, families, & community members passionate about supporting our military.

Upon registration, a spot will be reserved for participation in the MHFA workshop.

Registration Deadline: January 19th at 5pm

Where Do I Find Additional Information?

More information is available on MHFA at mentalhealthfirstaid.org

For additional questions, call: 614-429-1528 or Email shawna.hite@ohiospf.org.

This event will be ADA compliant.