



Career and Corporate Training
500 Galliher Drive
Fairmont, WV 26554

304-367-4920
cct@pierpont.edu

Mental Health First Aid

Effective August 2024

Description

Mental Health First Aid (MHFA) is an early intervention public education program focusing on:

- Recognition of signs and symptoms of potential mental health challenges.
- Nonjudgemental listening and assurance skills,
- Appropriate professional referral.

The course is designed to teach how to approach, assess, and assist individuals who may be experiencing initial stages of a mental health challenge or mental health crisis. This program is recommended for clinical and wellness practitioners, Human Resource managers and other first line managers, first responders and others in public facing occupations and is open to all caring individuals who may benefit from having these valuable skills.

Upon successful completion of the Mental Health First Aid Course, students will have the following knowledge and skills:

- Explain the five steps of the Mental Health First Aid Action Plan (ALGEE).
- Recognize the signs and symptoms of mental health challenges that may impact adults.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) when a person shows early signs of a mental health challenge.
- Apply the appropriate steps of the MHFA Action Plan (ALGEE) when a person shows worsening signs of a mental health challenge.
- Choose appropriate methods for self-care following the application of Mental Health First Aid in a crisis or non-crisis situation.

Education that Works!

Pierpont Community & Technical College is an Equal Opportunity, Affirmative Action Institution

Location

Pierpont Community & Technical College
Advanced Technology Center
500 Galliher Dr
Fairmont, WV, 26554

Schedule

Saturday, October 12, 2024 or November 16, 2024
8am-4:30pm In person (1 hour lunch on your own)

Tuition:

\$150

Financial Aid

Not available

Minimum Requirements:

No prerequisites.

Course Materials & Supplies

Students receive a textbook and classroom supplies included in the course fee.

Certification

Students will obtain access to an online access point through MHFA.org to assess their knowledge to receive a certification of course completion.

Accommodations Statement:

If you have or had an IEP or 504 Plan in high school or if you think you have a disability that might interfere with your completion of this class, contact Pierpont's Support Services for information about possible accommodations at access@pierpont.edu or 304-534-7878.

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