

May 6, 2022

FDOH LEE TO HOST AN ADULT MENTAL HEALTH FIRST AID TRAINING



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Lee County, Fla. — May is Mental Health Awareness Month (MHAM). The Florida Department of Health in Lee County (FDOH Lee) would like all residents and visitors to recognize this year's theme, "Together for Mental Health," which focuses on coming together to advocate for mental health and access to mental health care.

In recognition of MHAM, FDOH Lee will provide Adult Mental Health First Aid (MHFA) training at no cost. This training is open to the public, non-profits, and faith-based organizations in Lee County. FDOH Lee will provide training manuals to each participant for this full-day training course.

WHEN: Friday, May 20, from 8:00 a.m. to 5:00 p.m.

WHERE: Pondella Clinic, 83 Pondella Rd, North Fort Myers, FL 33903

TO REGISTER: <https://forms.gle/oNvPKgw4UZVRHKWg8>

Space for this training is limited, and registration is required. There will be small breaks and a lunch break during the day. However, lunch will not be provided.

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

Attendees should expect to learn how to respond to both crisis and non-crisis situations with the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen non-judgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Upon completion, attendees will receive a certificate. Participating professionals can use this certificate for continuing education credits.

For more information on the upcoming MFHA training, please contact Amanda Evans, MPH, Health Education Program Consultant, at Amanda.Evans@flhealth.gov or call (239) 332-9501.

Learn more about Mental Health First Aid by visiting the Florida Department of Health's [website](#).

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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