



MENTAL  
HEALTH  
FIRST AID®



Idaho State  
University

Continuing Education  
and Workforce Training

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.

## LEARN MORE INFORMATION ON MENTAL ILLNESS AND ADDICTION DISORDERS:

- Warning signs
- Strategies to help someone in both crisis and non-crisis situations
- Risk factors
- Where to turn for help

- 9am-6pm (1 hour lunch)
- Location: EAMES Building 1999 Alvin Ricken Dr (Pocatello) Classroom 131 A&B
- 30 participants each session



**FREE**

March 1, 2022



Visit [cetrain.isu.edu/enrollment/course/mental-health-first-aid/](https://cetrain.isu.edu/enrollment/course/mental-health-first-aid/)  
or call 208-282-3372 to register and learn more