



## MBGH Mental Health First Aid Training May 2025 9:00 AM - 3:00 PM (CT)

## Agenda

| 9:00 AM  | Segment #1: Welcome to Mental Health First Aid          |
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| 9:35 AM  | Segment #2: Self-Paced Intro Recap                      |
| 10:00 AM | Segment #3: ALGEE Mental Health First Aid Action Plan   |
| 11:00 AM | Segment #4: MHFA for Early Signs and Symptoms           |
| 11:30 AM | Lunch break   |
| 12:00 PM | Segment #5: MHFA for Worsening Signs and Symptoms       |
| 12:30 PM | Segment #6: MHFA for Crisis Situations                  |
| 2:40 PM  | Segment #7: Self-care for the Mental Health First Aider |