Wespath

First Aid for Mental Health

See the world through the eyes of others

On-demand Training Sessions

1 in 5 Americans experience a mental illness each year

First Aid for Mental Health – A no-cost training opportunity for all United Methodist Church clergy and their spouses, Church leaders, staff and congregation members

First Aid for Mental Health erases the stigma surrounding mental health and emphasizes that it's OK, not to be OK. It also teaches attendees how to accept their own mental health struggles without embarrassment or shame.

The training teaches how to:

- Identify when you or someone you know may be struggling with mental health
- Start a conversation with someone who is struggling
- Respond with empathy
- Help those who are struggling get the help they need
- Take action to manage your own mental health challenges

First Aid for Mental Health is for EVERYONE. The skills acquired can be applied to many situations, including home, social and professional environments.

To access on-demand training sessions, scan the QR code or visit the First Aid for Mental Health event page at wespath.org/r/firstaidmh.

5818/051922