



Mental Health First Aid [Register](#)

Thursday, May 18, 2023 – 11:00 am to 12:00 pm

Continuing Education (CE) credit

Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or coworker might be showing signs of alcoholism.

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems. The program improves understanding and providing an action plan that teaches people to identify and address a potential mental illness or substance use disorder safely and responsibly.

In this webinar, we will:

- Discuss the impact mental health is having on Americans in the workforce.
- Prepare! We'll cover why having a Mental Health First Aid plan is so important.
- Review Action Plan Steps Mental Health First Aid from National Council for Mental Wellbeing

Join us to learn about the impact of Mental Health in the workplace and learn tools to help someone having a mental health first aid challenge.

This session has been approved to meet continuing education requirements for 1 contact hour. Contact hours are designed to meet BCSP, ABIH and ABOHN requirements for certification. The participant is responsible for determining whether this activity meets the requirements of their certifying agency or licensing board.



WHO

This event is for business Owners, Presidents, Safety/HR Personnel, Plant Management, Construction Superintendents, Project Managers, and Foreman!



WHERE

ZOOM Webinar – see registration information



WHEN

Thursday, May 18, 2023

11:00 AM Presentation

11:45 AM Q & A

12:00 PM Available for follow-up calls



REGISTRATION

[Register here](#) Contact Alex at (763) 417-9599 or Administration@oecscply.com for assistance or questions. **ITS FREE!!!**

THE SPEAKER:



Connie Van Raalte, PHR, Mental Health First Aid Instructor. Connie spent the last 15 years in onsite Human Resources and Safety management, ensuring the safety and health of individuals in general industry throughout the Mankato, Minnesota, area. She is passionate about helping clients develop and sustain positive work cultures. She has her Bachelor of Science in Business Management and Human Resource Management from Minnesota State University and has her Professional Human Resources (PHR) Accreditation.



Mental Health FIRST AID®
from NATIONAL COUNCIL FOR MENTAL WELLBEING®

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The Midwest Center for Occupational Health and Safety awards 0.1 Continuing Education Units (CEU's). This event was co-sponsored by the University of Minnesota School of Public Health. Participants are expected to claim contact hours only for actual time spent in this learning activity.