

As a **Mental Health First Responder**,
you can become a bridge to the care
a struggling person needs



Total health

Mental Health First Responder (MHFR) training equips you with the knowledge and skills needed to:

- **Detect when others are experiencing a significant mental health problem.**
- **Provide basic support.**
- **Help link them to available care, such as the Caterpillar Employee Assistance Program (EAP).**

Register today via **WorkDay** or learn more at
TotalHealth.cat.com.

