

MENTAL HEALTH FIRST AID TRAINING

Date: 5/6/13

Time: 8 am -5 pm *please be there by 7:45 am

This includes 1 hour lunch (on your own) and breaks.

Where: OJC McBride Room 137

Cost: \$20.00 for the book

Someone you know could be experiencing a mental illness or crisis. You can help them!

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5 step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens

www.mhfaco.org



SAVE THE DATE

Southeast Mental Health Services

Contact Sarah Voigts at 719-384-5446 to register