helpline center

# Mental Health First Aid Training

## June 28, 2016

8:00 AM-5:00 PM (1 hour lunch on own)
Helpline Center
1000 N. West Ave. Suite 310
Sioux Falls, SD 57104

Mental Health First Aid (MHFA) is the initial help given to someone who may be developing a mental illness or experiencing a mental health crisis. The aid provided is not a substitute for professional help, but may help in stabilizing the person until appropriate professional or other assistance can be engaged.

This 8-hour course teaches people how to give first aid to individuals experiencing a mental health crisis situation and/or who are in the early stages of a mental health disorder. **Participants learn the signs and symptoms of the most common mental health problems, where and when to get help, and what type of help has been shown to be effective.**

Mental health problems covered include depression, anxiety disorders, schizophrenia, bipolar disorder, eating disorders and substance use disorders.

- **Training is FREE**
- **Registration is limited**

**To register:**
**https://mhfajune2016.eventbrite.com**
**or contact Taylor at:**
**taylor@helplinecenter.org 605-274-1431**