



Mental Health First Aid Training

October 27, 2016

8:00 AM-5:00 PM

(lunch hour on your 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, and substance use disorders.

**Training is FREE but
registration is limited**

To register:

mhfaoctober2016.eventbrite.com

or contact Taylor at:

taylor@helplinecenter.org 605-274-1431