



SUICIDE AND CRISIS SUPPORT

Mental Health First Aid Training

September 18, 2015

8:00am-5:00pm in the Training Room at the Helpline Center

Lunch is from 12-1 on your own

1000 N. West Ave., Suite 310

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

- NO Cost
- Registration is limited
- Lunch is on your own

Contact Lori Montis to register by calling
2-1-1 or lori@helplinecenter.org