



# Mental Health First Aid Training

March 18, 2016

9:00 AM-6:00 PM (1 hour lunch on own)

University Lutheran Center

1404 8th Street

Brookings, SD

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**

**Contact Taylor Funke to register**

**Call 605-274-1431 Dial 2-1-1**

**[taylor@helplinecenter.org](mailto:taylor@helplinecenter.org)**