

Adult Mental Health First Aid

(focus is on the adult population)

&

Youth Mental Health First Aid

(focus is on adolescents ages 12-18)

Classes are Available- Register Today!

What is Mental Health First Aid?

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors, etc ...) until appropriate professional or other help, including peer and family support, can be engaged.

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help individuals who are experiencing a mental health or addictions challenge or is in crisis.

These 8-hour courses prepare members of the public to provide Mental Health First Aid to those in need. To register for any of the training dates identified below, click on this Eventbrite link <http://mhfatrainingcmha-cei.eventbrite.com>

ADULT Mental Health First Aid

Tuesday, November 29th 2016

Tuesday, January 31st 2017

Tuesday, May 23rd 2017

Wednesday, July 26th 2017

YOUTH Mental Health First Aid

Wednesday, March 22nd 2017

Wednesday, September 27th 2017

Please note that dates are subject to change and there is a minimum of 10 and a maximum of 25 seating limit per training. If less than 10 are registered, class will be cancelled.



Community
MENTAL HEALTH
CLINTON • EATON • INGHAM



**MENTAL
HEALTH
FIRST AID**

Cost: \$25.00 (includes manual)

Scholarships are available upon request to help cover the fee.

Lunch is provided

Location:

All trainings are held at CMHA-CEI,
812 E. Jolly Road, Atrium Lansing, MI

*Continuing Education Credits are available for
Nurses, Social Workers and Substance Abuse
Professionals.*

**To register for MHFA trainings
click on Eventbrite link provided. For
registration assistance please contact Ashlee
Bailey at 517-887-5234.**