



ADULT MENTAL HEALTH FIRST AID & YOUTH MENTAL HEALTH FIRST AID

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.

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. For **REGISTRATION** information on any of the training dates identified below, click on this Eventbrite link: <http://mhfatrainingcmha-cei.eventbrite.com>

TRAINING DATES:

ADULT Mental Health First Aid

- Tuesday, November 12, 2019
- Thursday, February 13, 2020
- Thursday, April 30, 2020
- Wednesday, June 10, 2020
- Thursday, August 6, 2020

YOUTH Mental Health First Aid

- Wednesday, March 25, 2020
- Tuesday, September 15, 2020

Please note that dates are subject to change and there is a minimum of 10 and a maximum of 30 seating limit per training. If less than 10 are registered, class will be cancelled.

Cost: \$25.00 (includes manual) Scholarships may be available upon request. Lunch is provided.

Location: All trainings are 8:30am-5pm and 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 above. For registration assistance please contact the Prevention Specialist at 517-887-5232 or prevention@ceicmh.org.

MHFA is provided in partnership with:



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