

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 28th 2017

Tuesday, January 30th 2018

Tuesday, May 29th 2018

Thursday, September 27th 2018

YOUTH Mental Health First Aid

Wednesday, September 27th 2017

Thursday, March 29th 2018

Thursday, July 26th 2018

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.



Community
MENTAL HEALTH
CLINTON • EATON • INGHAM



**MENTAL
HEALTH
FIRST AID**

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. For
registration assistance please contact the
Prevention Secretary at 517-887-5234.