



## 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

- Thursday, September 27th 2018
- Tuesday, January 29, 2019
- Wednesday, March 27, 2019
- Tuesday, July 30, 2019
- Wednesday, September 25, 2019

#### YOUTH Mental Health First Aid

- Wednesday, November 28, 2018
- Tuesday, May 21, 2019

*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 Secretary at 517-887-5234.

MHFA is provided in partnership with:



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