Adult Mental Health FIRST AID TRAINING

Have you ever encountered someone in a mental health crisis? Would you know what to do?

You may know CPR or the Heimlich maneuver. You can call 911. But, would you know how to administer first aid in a mental health crisis? Could you recognize suicidal thoughts or behaviors?

This 8-hour course is taught by certified “Mental Health First Aid USA” instructors.

You will learn to recognize the signs and symptoms of anxiety, depression, substance use disorders and psychosis. You will also learn what to do until appropriate professionals and other help can begin.

Learn this for yourself. Bring it to your community.

**Date:** Monday, February 10, 2020

**Time:** 8:00 registration - 5:00pm  
(lunch on your own)

**Location:** Human Service Building  
2nd floor River Raisin Room,  
1040 S. Winter St. Adrian, MI 49221  
Adrian, MI 49221

**Registration** – [www.lcmha.org](http://www.lcmha.org) (training and events)

For more information contact: Kay Ross, Customer Services at Lenawee Community Mental Health Authority at 517-264-0128

**Email:** kross@lcmha.org

We are also willing to provide trainings to 20-25 people at your location. For more information, contact the above.

Sponsored by:

Lenawee Community Mental Health Authority

Trainers: Aimie Snyder, Brenda Lawson

Mental Health First Aid introduces participants to risk factors and warning signs of mental illnesses, builds understanding, and looks at common supports. This interactive training is a part of nationwide efforts, which will help you build your skills in order to learn how to offer initial help in a mental health crisis and connect persons to the appropriate care. Trainings are available that focus on adult interventions or youth interventions.

This free training (must register) is available through a grant from the Michigan Department of Community Health.