

# Adult Mental Health FIRST AID TRAINING

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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, November 13th, 2017

**Time:** 8:00 registration - 5:00pm  
*(Lunch provided)*

**Location:** River Raisin Room,  
Human Service Building,  
1040 S. Winter Street,  
Adrian, MI 49221

For more information contact: Aimee Snyder or Brenda Lawson at Lenawee Community Mental Health Authority.

**Register:** Go to LCMHA website – [www.lcmha.org](http://www.lcmha.org)

**Phone:** 517.263.8905

**Email:** [asnyder@lcmha.org](mailto:asnyder@lcmha.org), or [blawson@lcmha.org](mailto:blawson@lcmha.org)

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



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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 is available through a grant from the Michigan Department of Community Health...*

