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: Thurs, May 11, 2020
Time: 8:00 registration - 5:00 PM (Lunch on your own)

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

Registration - www.lcmha.org..(training and events)

For more information contact: Kay Ross 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 Kay Ross.