Mental Health First Aid USA

A 12-hour certification course to help communities better understand mental illness and respond to psychiatric emergencies.

One in four Americans live with a mental health problem each year. Yet, far too many—up to two thirds—go without treatment. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

Who should become a Mental Health First Aider?

Hospitals and federally qualified health centers, state policymakers, employers and chambers of commerce, faith communities, school personnel, state police, corrections staff, nursing home staff, mental health support staff, young people, families and the general public. The National Council envisions that Mental Health First Aid will become as common as CPR and First Aid training during the next decade.

When: **November 30th &
December 1st, 2011
Registration—8:00am—8:30am
Training—8:00am—4:00pm**

Where: **Department of Human
Services
Human Service Building
1040 S. Winter St
Adrian, MI 49221**

Cost: NO CHARGE, continental breakfast and lunch will be provided

Register online at
www.solutionwhere.com/lisd

Questions regarding training content?
Contact LCMHA at 517-263-8905

Registration Questions?
Contact Kathy Campbell at 517-265-1619

Participants learn:

- **The potential risk factors and warning signs for a range of mental health problems**

- **An understanding of the prevalence of various mental health disorders and the need for reduced stigma in the community**

- **A 5-step action plan to assess the situation, select and implement interventions and help the individual in crisis**

- **The appropriate resources available**

Mental Health First Aid was created by Professor Tony Jorm, a respected mental health literacy professor, and Betty Kitchener, a nurse specializing in health education and is auspiced at the university of Melbourne, Australia. Five published studies in Australia show that the program saves lives, improves the mental health of the individual administering care and the one receiving it, expands knowledge of mental illnesses and treatments, increases the services provided and reduces stigma by improving literacy. Go to http://www.mhfa.com.au/. to learn more.

Event Co-Sponsored by:

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