



# Mental Health First Aid

Someone you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone — a friend, family member, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. This course is brought to you by Copper Country Mental Health Services and the Rice Memorial Clinic Foundation and facilitated by nationally certified local instructors. **Mental Health First Aid teaches a 5-step action plan to offer initial help to a person experiencing a mental health problem**, and connect them with the appropriate professional, peer, social, or self-help care. Anyone 18 years of age and older may take this 8-hour Mental Health First Aid course — first responders, law enforcement, leaders of faith communities, medical professionals, human resources professionals, and caring citizens.

## WHEN?

**8-hours in two half-days, March 16 and 17, 2016**

Wednesday and Thursday from 10:00 a.m. to 3:30 p.m.

Full attendance both days is required to receive a certificate.

## WHERE?

**Ojibwa Community College**

770 N Main Street, L'Anse, MI 49946

## REGISTER

Course fee is \$35, which includes a 133-page manual, materials, & lunch.

- **Please register and send payment by March 9** as space is limited. Payment is due at registration. Fee is non-refundable. Call us to bill an agency/business.
- Call 906-482-4880 if you wish to register by phone, or use the form below.



Register online at <http://bit.do/MHFAMar16and17> for the March 16-17, 2016 MHFA in L'Anse, or complete and fax (906-482-7657), or mail this form by March 9, 2016 to:

**Copper Country Mental Health Services Institute**  
900 W. Sharon Avenue, Houghton, MI 49931

Mail \$35 check (payable to CCMH Institute)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Occupation: \_\_\_\_\_

Sometimes, first aid isn't a **bandage**, or **CPR**, or the **Heimlich**, or calling **911**.

Sometimes, first aid is **YOU!**



Contact us about limited **Mental Health First Aid Initiative scholarships available to agencies sending employees**. Funding for the Mental Health First Aid Initiative is provided through Great Lakes Recovery Centers through a grant from the Superior Health Foundation.

### *ALGEE, the Mental Health First Aid Action Plan*

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Call us if you have questions: 906-482-4880  
Or, email Brian Rendel: [brendel@cccmh.org](mailto:brendel@cccmh.org)

