

Adult Mental Health First Aid

www.MentalHealthFirstAid.org



Mental Health First Aid helps participants learn to identify and offer help to individuals who may be developing a mental health problem or experiencing a mental health crisis. The course equips participants with the skills to apply the Action Plan to reach out and provide initial support until appropriate treatment is received or the crisis is resolved.

WHO

Adults in the community.

WHEN

July 11-12, 10:00 AM - 3:30 PM. Both days are required for credit.

WHERE

Gogebic-Ontonagon Intermediate School District 202 Elm Street, Bergland, MI 49910 906-575-3438

REGISTER

Online at <http://bit.do/mhfa>

- Fee is \$35, including book and lunch.
- More info, contact Brian at (906) 482-4880 or brendel@cccmh.org



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

Sponsored by Copper Country Mental Health Services and

Rice Memorial Clinic Foundation

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.