

# 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

August 30, 2017 from 8 am — 5 pm.

## WHERE

CCMH Institute, 900 W Sharon Ave., Houghton MI 49931

## 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](mailto:brendel@cccmh.org)



# ALGEE

The Mental Health First Aid Action Plan



**A**ssess for risk of suicide or harm



**L**isten nonjudgmentally



**G**ive reassurance and information



**E**ncourage appropriate professional help



**E**ncourage 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.