

## What is Mental Health First Aid?

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors, etc ...) until appropriate professional or other help, including peer and family support, can be engaged.

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help adolescent (ages 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who, regularly interact with young people.

Both these 8-hour courses prepare members of the public to provide Mental Health First Aid to those in need. This course is delivered by certified Mental Health First Aid USA instructors who completed a 5-day training and meet other certification requirements.



### Registration Information:

If you would like to register for Adult Mental Health First Aid and/or Youth Mental Health First Aid, please go to [www.eventbrite.com](http://www.eventbrite.com) and search for "MHFA" or you can register by calling CMHA-CEI Customer Service at 517-346-8244.

Once you have registered, you will receive a confirmation via email from EventBrite.

Please send your check payable to "CMHA-CEI" adding in the memo line who is attending and MHFA to:

CEI Community Mental Health  
c/o Becki West,  
812 E. Jolly Road, Suite 216  
Lansing, MI 48910

*If you have any questions and/or do not receive confirmation within 24 hours, please contact Becki West at 517-346-8366 or via email at [westr@ceicmh.org](mailto:westr@ceicmh.org).*



**CMHA-CEI**

812 E. Jolly Road, Lansing, MI 48910



**Community**

**MENTAL HEALTH**

CLINTON • EATON • INGHAM



**Adult Mental Health First Aid**  
(focus is on the adult population)

&

**Youth Mental Health First Aid**  
(focus is on adolescents ages 12-18)

**Classes are Available-  
Register Today!**

## Why Mental Health First Aid?

- Mental health problems are common.
- Stigma is associated with mental health problems.
- Many people are not well informed about mental health problems.
- Professional help is not always on hand.
- People often do not know how to respond.
- People with mental health problems often do not seek help.

## Mental Health First Aid teaches you:



Potential Warning Signs and risk factors for addictions and mental illness (depression, anxiety, trauma, substance use, and disorders in which psychosis may occur)



Impact of mental and substance use disorder and common mental health challenges for adults and youth, and typical adolescent development



5-step action plan (ALGEE) to assess a situation and provide help



Local community resources and where to turn for help

To get a current listing of trainings for

## Adult Mental Health First Aid & Youth Mental Health First Aid

please go to [www.ceicmh.org](http://www.ceicmh.org) or [www.eventbrite.com](http://www.eventbrite.com) and search for “MHFA” or call CMHA-CEI Customer Service at 517-346-8244.

### Timeframe

1 day for 8 hours  
8:30 am to 5:00 pm  
(must attend 8 hours to get certificate)

### Cost: \$25.00

(includes manual and lunch)

*Scholarships are available upon request to help cover the fee.*

### *Lunch is provided*

*(please request any special dietary needs at the time of registration)*

**Location:** CMHA-CEI in the Atrium  
812 E. Jolly Road, Lansing, MI 48910

**\*NOTE:** Due to the popularity of MHFA, payment must be received by CMHA CEI prior to the date of training. Refunds will only be made available to those individuals who are not able to attend and request a refund at least 7 days prior to the actual training session. We can only accept cash or check at this time.

**There is a minimum of 10 and a maximum of 25 seating limit per training. If less than 10 are registered class will be cancelled.**

## Continuing Education Credits

CMHA-CEI is offering up to 7.5 Continuing Education Credits for Nurses, Social Workers, and Substance Abuse Professionals. Teachers may qualify for 7.0 SCECH for a very small fee. Please inquire if you would like more information about earning the SCECH credits.

### Nursing

CMHA-CEI (OH -336, 3/1/2018) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

### Social Work

Clinton-Eaton-Ingham Community Mental Health Authority is an approved provider with the Michigan Social Work Continuing Education Collaborative.

### Substance Abuse Professionals:

CMHA-CEI is approved by Michigan Certification Board for Addiction Professionals (MCBAP). CMHA-CEI maintains the responsibility for the program and content. Substance Abuse Professionals participating in this Mental Health First Aid (MHFA) Training may receive a maximum of 7.5 “related” educational contact hours.

**Join Mental Health  
First Aiders across the USA!**

Save lives and build stronger communities.

<http://www.mentalhealthfirstaid.org>