

## Adult Mental Health First Aid

(focus is on the adult population)

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## Youth Mental Health First Aid

(focus is on adolescents ages 12-18)

Classes are Available- Register Today!

### 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 individuals who are experiencing a mental health or addictions challenge or is in crisis.

These 8-hour courses prepare members of the public to provide Mental Health First Aid to those in need. To register for any of the training dates identified below, click on this Eventbrite link <http://mhfatrainingcmha-cei.eventbrite.com>

### ADULT Mental Health First Aid

**Tuesday, November 29<sup>th</sup> 2016**

**Tuesday, January 31<sup>st</sup> 2017**

**Tuesday, May 23<sup>rd</sup> 2017**

**Wednesday, July 26<sup>th</sup> 2017**

### YOUTH Mental Health First Aid

**Wednesday, March 22<sup>nd</sup> 2017**

**Wednesday, September 27<sup>th</sup> 2017**

Please note that dates are subject to change and 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.



# Community

**MENTAL HEALTH**  
CLINTON • EATON • INGHAM



**Cost: \$25.00** (includes manual)

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

*Lunch is provided*

#### Location:

All trainings are held at CMHA-CEI,  
812 E. Jolly Road, Atrium Lansing, MI

*Continuing Education Credits are available for Nurses, Social Workers and Substance Abuse Professionals.*

To register for MHFA trainings click on Eventbrite link provided. For registration assistance please contact Ashlee Bailey at 517-887-5234.