

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!



Community

MENTAL HEALTH

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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.

Adult Mental Health First Aid

Tuesday, March 29, 2016

Wednesday, April 27, 2016

Tuesday, June 21, 2016

Tuesday, July 26, 2016

Tuesday, September 27, 2016

Youth Mental Health First Aid

Tuesday, January 26, 2016

Tuesday, May 17, 2016

Thursday, August 25, 2016

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.



Cost: \$25.00

(includes manual and lunch)

Scholarships are available upon request to help cover the fee.

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

Continuing Education Credits are available for Nurses, Social Workers and Substance Abuse Professionals. SCECH are also available upon request.

To register please go to www.eventbrite.com and search for "MHFA" or go to www.ceicmh.org to get a current listing of trainings.

For more information and/or questions please call CMHA-CEI Customer Service at 517-346-8244.