



MENTAL HEALTH FIRST AID

A person you know could be experiencing
a mental health challenge or crisis.

You can help them!

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

Anyone can take the 8-hour Adult and/or 8-hour Youth Mental Health First Aid course: employers, police officers, hospital staff, first responders, faith leaders, teachers, human resource professionals, social workers, advocates, community members, caring individuals.

Upcoming Courses on Mental Health First Aid, adults and youth

The courses take place from 8 a.m. to 5 p.m. The fee is \$50 per day and includes training manual, additional training materials, snacks, and lunch.

- ♥ January 29-30, 2019 Cadillac (527 Cobb St)
- ♥ July 30-31, 2019 Grayling (204 Meadows Dr)
- ♥ Oct 29-30, 2019 Traverse City (10781 E Cherry Bend Rd)

Registration information on reverse side.

Complete and return today, space is limited!



*Sometimes, first aid
isn't a bandage,
or CPR,
or the Heimlich,
or calling 911.*

*Sometimes,
first aid is YOU!*

*Take the course,
save a life,
strengthen your
community.*



For more information on the course content contact:
cindy.petersen@nlcmh.org or call (231) 935-3099 or
joanie.blamer@nlcmh.org or call (231) 876-3309

**MENTAL
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FIRST AID**



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Mental Health First Aid 16-hour Course REGISTRATION

(8 per day or 16 for two days)

The Mental Health First Aid program offered through Northern Lakes Community Mental Health Authority is **approved** by the Michigan Social Work Continuing Education Collaborative for **16 continuing education credits** for both days.

FEE: *\$50 (includes a training manual, lunch, and snacks per day)

SPACE IS LIMITED: Registrations taken on first come, first served basis. The registration fee needs to accompany this form. The registration fee is non-refundable but we will accept substitutions.



Please check the date(s) you wish to attend:

Date	Location	Social Work CEUs	Cost
Jan 29, 2019 Adult	Cadillac	8	\$50
Jan 30, 2019 Youth	Cadillac	8	\$50
July 30, 2019 Adult	Grayling	8	\$50
July 31, 2019 Youth	Grayling	8	\$50
Oct 29, 2019 Adult	Traverse City	8	\$50
Oct 30, 2019 Youth	Traverse City	8	\$50

MAIL TO:

Northern Lakes CMHA

Make checks payable to:

Northern Lakes CMHA

ATTN: Beth Burke

527 Cobb Street

Cadillac, MI 49601



Please check if you would like continuing education credits:



Your License Number for CEUs: _____

Name _____

Phone number, if any _____

Email Address: _____

Confirmation letters are sent only if an email address is provided.

Occupation and employer name, if applicable _____

How did you hear about this? _____



Registration questions?

Contact Beth.Burke@nlcmh.org

or call (231) 876-3249

Mental Health First Aid USA is coordinated by the National Council for community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

<http://www.mentalhealthfirstaid.org>