



## MENTAL HEALTH FIRST AID

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults or youth.

On average,

**130**

people die by  
suicide every day.

*Source: American Foundation  
for Suicide Prevention*

From 1999 to 2019,

**841,000**

people died from drug  
overdoses.

*Source: Centers for Disease  
Control and Prevention*

Nearly

**1 in 5**

in the U.S. lives with  
a mental illness.

*Source: American Foundation  
for Suicide Prevention*

### WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

Employers  
Police officers  
Hospital staff  
First responders  
Faith leaders  
Teachers and coaches  
Parents  
Caring individuals

### WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

### HOW IT WORKS

- Trainers have over 60 years combined training experience.
- Adult Mental Health First Aid is 7.5 hours in-person.
- Youth Mental Health First Aid is 7.5 hours in-person.
- Registration information on reverse side.
- Complete and return today as space is limited!

### Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- 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.



## MENTAL HEALTH FIRST AID REGISTRATION FORM

**FEE:** \$50 per session includes a training manual, lunch, and snacks.  
Each session runs from 8:00 a.m. to 5:00 p.m.  
Cash or checks accepted. Make checks payable to Northern Lakes CMHA, ATTN:  
Beth Burke, 527 Cobb Street, Cadillac MI 49601.

**REGISTRATION:** 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 BELOW.**

### ADULT Mental Health First Aid

- \_\_\_ **Wednesday, May 11, 2022** at:  
The Gateway Center  
10783 E Cherry Bend Rd  
Traverse City, MI 49684
  
- \_\_\_ **Wednesday, August 31, 2022** at:  
The Gateway Center  
10783 E Cherry Bend Rd  
Traverse City, MI 49684
  
- \_\_\_ **Wednesday, October 26, 2022** at:  
Northern Lakes Community Mental Health  
527 Cobb St  
Cadillac, MI 49601

### YOUTH Mental Health First Aid

- \_\_\_ **Thursday, May 12, 2022** at:  
The Gateway Center  
10783 E Cherry Bend Rd  
Traverse City, MI 49684
  
- \_\_\_ **Thursday, September 1, 2022** at:  
The Gateway Center  
10783 E Cherry Bend Rd  
Traverse City, MI 49684
  
- \_\_\_ **Thursday, October 27, 2022** at:  
Northern Lakes Community Mental Health  
527 Cobb St  
Cadillac, MI 49601

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

**Each session is approved by NASW-Michigan Social Work CE Collaborative for 7.5 continuing education hours (included with the registration fee). If you wish to receive continuing education credits, please include your License Number below:**

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