



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.

For information on course content contact:

Cindy.Petersen@nlcmh.org or call (231) 935-3099 or
Amy.Kotulski@nlcmh.org or call (231) 649-1005



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

___ **Friday, April 14, 2023** at:
Northern Lakes Community Mental Health
204 Meadows Dr
Grayling MI 49738

___ **Wednesday, May 3, 2023** at:
Northern Lakes Community Mental Health
527 Cobb St
Cadillac, MI 49601

___ **Thursday, August 10, 2023** at:
Northern Lakes Community Mental Health
204 Meadows Dr
Grayling MI 49738

___ **Wednesday, October 11, 2023** at:
The Gateway Center
10783 E Cherry Bend Rd
Traverse City, MI 49684

YOUTH MENTAL HEALTH FIRST AID

___ **Friday, April 21, 2023** at:
Northern Lakes Community Mental Health
204 Meadows Dr
Grayling MI 49738

___ **Wednesday, May 24, 2023** at:
Northern Lakes Community Mental Health
527 Cobb St
Cadillac, MI 49601

___ **Thursday, August 31, 2023** at:
Northern Lakes Community Mental Health
204 Meadows Dr
Grayling MI 49738

___ **Wednesday, October 25, 2023** at:
The Gateway Center
10783 E Cherry Bend Rd
Traverse City, MI 49684

Name _____

Phone _____

Email Address _____

Mental Health First Aid (MHFA) is an evidence-based training program administered by the National Council for Mental Wellbeing through certified trainers including those from NLCMHA. If you are interested in receiving NASW-Michigan Social Work continuing education credits, please include your License Number below:
