



**Sometimes first aid isn't a bandage, or CPR,**



**or calling 911.**



**Sometimes, first aid is YOU.**



# Mental Health First Aid

Take the **FREE** 8-hour course in Alpena

Friday, July 28, 2017 AND Friday, August 4, 2017

8 a.m. to Noon both days

Alpena Community College - Newport Center Room 106



MENTAL  
HEALTH  
FIRST AID

Just as CPR helps you assist an individual having a heart attack, **Mental Health First Aid** helps you assist someone who is developing a mental health problem or who is experiencing a mental health or substance use related crisis. You'll learn

- risk factors and warning signs for mental health and addiction concerns
- a **5-step Mental Health First Aid Action Plan** for how to help someone in both crisis and non-crisis situations.

Mental Health First Aid teaches about *recovery* and *resiliency* – the belief that individuals experiencing these challenges can and do get better.

**MENTAL HEALTH FIRST AID** is for interested persons age 18 and over. Topics include key psychiatric disorders among adults—depression or mood disorders, anxiety disorders, psychosis, and substance use disorders. Through role plays, scenarios, and activities, you get to practice the **Mental Health First Aid Action Plan** so you are comfortable applying these skills in a real-life situation with co-workers, family members, or friends.



Marketing Partner

Training is valued at \$170 per person and is **free** to participants, thanks to funding from

**Northeast Michigan**

**Community Mental Health Authority**

Certified Trainer is Carlene Przykucki of Partners In Prevention

**Space is limited. Register early by calling 989-356-2880.**