



# MENTAL HEALTH FIRST AID

## GET TRAINED TODAY!

**DATE:** Saturday, February 16

**TIME:** 8:00 a.m. - 5:00 p.m.  
*Continental breakfast & lunch provided.*

**LOCATION:** Starr Presbyterian Church  
1717 13 Mile Rd  
Royal Oak, MI

**TRAINERS:** Linda Bartaloni-Till  
Sherry Gerbi

**REGISTER:** [www.oaklandchn.org](http://www.oaklandchn.org)  
*Click on Training, then select date and enter in information.  
This training is free.*

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour 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.

### WHO SHOULD TAKE IT?

- Community members
- Caring individuals
- Employers
- Police officers
- Hospital staff
- First responders
- Faith leaders

### WHAT IS COVERED?

How to interact with a person in crisis and connect them with help, as well as common signs and symptoms of mental illness and substance use. You will learn how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies