



MISD Presents: Mental Health First Aid – Adult Course January 27, 2020

Course time: 8:30am – 5:00pm (to be certified as a Mental Health First Aider, you must attend the entire course)
Registration begins at 8:00am

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



An **ADULT** you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 7-hour Mental Health First Aid course — first responders, students 16 or older, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen your community.

SCECHs & SW credits approved. To be eligible for continuing education credit, you must be present for the complete 7 hour course.

Registration:

- Go to events.misd.net
- Login or "Create New Account"
- Click on "Browse Courses"
- Search: Mental Health First Aid - Adult
- Select the desired session you wish to attend
- Click on "Add to Cart"
- Click on "Place Order Now"
- You will receive an email confirmation

Or click on the following link to take you directly to [MHFA - Adult Registration](#)

NO COST

Participation includes lunch and materials

Location:

Macomb Intermediate School District
44001 Garfield Rd
Clinton Township, MI 48038



This course is brought to you by: A partnership between MISD, CARE, and Macomb County Community Mental Health through SAMSHA's Grant—NITT Project Aware

ALGEE, the Mental Health First Aid Action Plan

- 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



Questions? Contact Alicia Pierre Louis: apierrelouis@misd.net

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.