



Macomb  
Community Mental  
Health Presents:

## ADULT Mental Health First Aid Course

8 hour training

Choose ONE session only—January 29<sup>th</sup> 2018 or March 29<sup>th</sup> 2018—

Course time: 8:30am – 4:30pm

(to be certified as a Mental Health First Aider, you must attend the full 8-hour 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 8-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.

Participation is **FREE** and includes **FREE** breakfast, lunch and materials

Location:

Macomb Criminal Justice Training Center

East Campus

21901 Dunham Road,

Clinton Township, MI 48036

**\*Law enforcement officers only\***

### Registration:

- Please email Amber Rentz [amber.rentz@mccmh.net](mailto:amber.rentz@mccmh.net) or by phone at 586-954-9833 limited to 30 individuals per training.



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*

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

Questions? Contact Ambrosia Jackson:  
[ambrosia.jackson@mccmh.net](mailto:ambrosia.jackson@mccmh.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.

