



Macomb
Community Mental
Health Presents:

ADULT Mental Health First Aid Course

8 hour training

Choose ONE session only—January 29th 2018 or March 29th 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 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

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.

