

FOR IMMEDIATE RELEASE

October 7, 2010

NorthCare Hosts Area's First Local 'Mental Health First Aid' Training

Similar to 'First Aid' and CPR, 'Mental Health First Aid' helps those experiencing mental health problems before they can get professional help and support

WHO: Local Police Officers, Emergency Service Personnel, Business Owners, Housing Commission staff and Local Citizens

WHAT: Mental Health First Aid

WHEN: November 9 & 10, 2010

WHERE: Bay College

WHY: Mental health problems – such as depression, anxiety, impulse control and misuse of alcohol and other drugs – are shockingly common in the United States. In fact, more than one in four American adults will have a mental health problem in a year. The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including NorthCare to implement Mental Health First Aid to arm the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The clinical and qualitative evidence behind the program demonstrates that it helps the public better identify, understand and respond to signs of mental illness, thus improving outcomes for individuals experiencing these illnesses. For more information on Mental Health First Aid, visit www.thenationalcouncil.org.

This 12 hour course prepares individuals to provide Mental Health First Aid to those in need. This course is delivered by certified Mental Health First Aid USA instructors who complete a 5-day training and meet other certification requirements.

To register: contact NorthCare Network at 1-888-333-8030. Participants must register to attend and is limited to 24 participants. This free training will run from 8:30 a.m. until 4:00 p.m. on both days.