



**MENTAL
HEALTH
FIRST AID**

Mental Health First Aid Training is now available in our communities. 1 in 4 persons are diagnosed with mental illness. They are our brothers, sisters, children, parents, co-workers and clientele.

Training will help:

- Educate people about mental illness and its symptoms.
- Assist people in identifying behaviors that may be associated with suicide.
- Learn more about community resources.

Become part of the solution and end the stigma surrounding Mental Illness.

Free Community Training

Why Mental Health First Aid?

- Mental health problems are common.
- Stigma is associated with mental illness.
- People with mental health problems often do not seek help.
- Professional help is not always on hand.
- People often do not know how to respond.
- Many people are not well informed about mental health problems.

UPCOMING 2010 DATES:

November 9 & 10 -- Escanaba

December 7 & 8 -- Marquette

Space limited to the first 24 participants at each site.

Certified Trainers:
Philip Hefner & Sally Olson

To Register call:
1-888-333-8030 or 906.225-7254

