

Mental Health First Aid

This 12 hour course prepares members of the public 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.

Dates:

**June 15 & 16, 2010 from 8:30 until 4:30 p.m.
Individuals MUST attend both full days of training.**

You Will Learn:

- The prevalence of mental illnesses in the U.S. and their emotional and economic cost.
 - The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders, and substance use disorders.
- A 5 - step action plan to help an individual in crisis connect to professional care.
 - Resources available to help someone with a mental health problem.

**The training will be held at
Michigan Works
1498 O'Dovero Drive
Marquette, MI 49855**

Registration is required and is limited to the first 24 participants. There is no charge for this training and lunch will be provided thanks to Michigan Department of Community Health Block Grant Funding.

**Registration Required
Call 1-888-333-8030 to Register**