



## **ADULT MENTAL HEALTH FIRST AID TRAINING**

Mental Health First Aid is an international program proven to be effective. Peer-reviewed studies published in Australia, where the program originated, show that individuals trained in the program:

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.

Studies also show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.

When: Monday, February 12, 2018

Time: 8:00am-5:00pm CT

Lunch 12-1pm (on your own)

Where: Central Community College

1501 Plum Creek Parkway

Lexington, NE 68850

### WHO CAN BE A MENTAL HEALTH FIRST AIDER?

- Law enforcement
- Corrections officers
- Other first responders
- 911 Dispatch Staff
- Human resources professionals
- Business leaders
- Nurses and other primary care workers

**There is no registration fee to attend.**

Sponsored by Region II Human Services & Central Community College, Lexington Center

Additional questions, please call Shannon at 308-534-6029 ext. 152 or [shannonsell@r2hs.com](mailto:shannonsell@r2hs.com).

### **REGISTRATION:**

Please fill out the registration information below and send to [johannahhochstetler@cccneb.edu](mailto:johannahhochstetler@cccneb.edu) or call Johanna Hochstetler at 308-324 8482.

**Please register by Wednesday, February 7, 2018. Class size is limited.**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birthdate \_\_\_/\_\_\_/\_\_\_ Phone number \_\_\_\_\_ Email Address \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_



#### *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 Shannon at 308-534-6029 ext 152.

"This project was supported in whole or part, from state and federal funds received from the Division of Behavioral Health of the Nebraska Department of Health and Human Services."

Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing  
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — 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, 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.



*ALGEE, the Mental Health First Aid Action Plan*

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