



## ADULT MENTAL HEALTH FIRST AID TRAINING

### MENTAL HEALTH FIRST AID

Mental Health First Aid has the potential to address these disparities in rural communities by increasing mental health literacy (i.e., knowledge and beliefs about mental disorders which aid their recognition, management, or prevention) among key community members – creating a stronger, more prepared network of support for individuals living in rural areas.

Rural Mental Health First Aid is a way to build community level capacity to identify mental health and substance use issues early and for rural residents to increase their confidence to intervene and refer people to the resources that do exist. Rural communities have a long history of being innovative and taking responsibility. Mental Health First Aid is a way to increase the level of baseline knowledge about mental health and substance use issues and to decrease the negative perceptions often associated with these issues.

**When: Monday, March 12, 2018**

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

**Lunch 12-1pm (on your own)**

**Where: Mid- Plains Community College- McMillen Hall # 213**

**1205 E. 3<sup>rd</sup> St**

**McCook, NE**

**There is no fee to attend.**

Sponsored by Region II Human Services & Mid-Plains Business & Community Education

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 [shannonsell@r2hs.com](mailto:shannonsell@r2hs.com).

**Please register by Wednesday, March 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

Funding provided by grant number 1U79SM061741-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

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**

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Funding provided by grant number 1E77000071-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



***ALGEE, the Mental Health First Aid Action Plan***

- A**ssess for risk of suicide or harm*
- L**isten nonjudgmentally*
- G**ive reassurance and information*
- E**ncourage appropriate professional help*
- E**ncourage self-help and other support strategies*

Funding provided by grant number 1U79SM061741-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.