



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: Thursday, October 15, 2020

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

Lunch 12-1pm (on your own)

Space is limited to 12 participants

Masks are required for the entire training

Please bring your own pen/pencil

Facilitators: Jamie Slonecker, LIMHP

Where: **First United Methodist Church of Gothenburg**

1401 Lake Ave

Gothenburg, NE 69138

(Enter through glass doors on North side of building)

There is no cost to attend. Sponsored by Region II Human Services

REGISTRATION:

Please fill out the registration form below and send to Shannon at shannonsell@r2hs.com

Or call 308-529-0595.

If you have any questions, please call Shannon at 308-529-0595 or shannonsell@r2hs.com.

Please register by Monday, October 12, 2020.

Last Name: _____ First Name: _____ MI _____

Address: _____ City _____ State _____ Zip _____

Phone number _____ Email Address _____



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*

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