



ADULT MENTAL HEALTH FIRST AID TRAINING

MENTAL HEALTH FIRST AID

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, October 26, 2020
Time: 8:00am-5:00pm CT
Lunch 12-1pm (on your own)

Space is limited to 15 participants
Masks are required for the entire training
Please bring your own pen/pencil

Where: Student Union
1202 East 3rd (corner of East 3rd and L – right beside the football field)
McCook, NE 69001

There is no registration fee to attend.

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

REGISTRATION:

Please fill out the registration form below and send to Shannon at shannonsell@r2hs.com or call 308-529-0595.

Please register by Thursday, Oct. 22, 2020.

Last Name: _____ First Name: _____ MI _____

Address: _____ City _____ State _____ Zip _____

Birthdate ___/___/___ 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*

Questions? Contact Shannon at 308-529-0595

“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.”

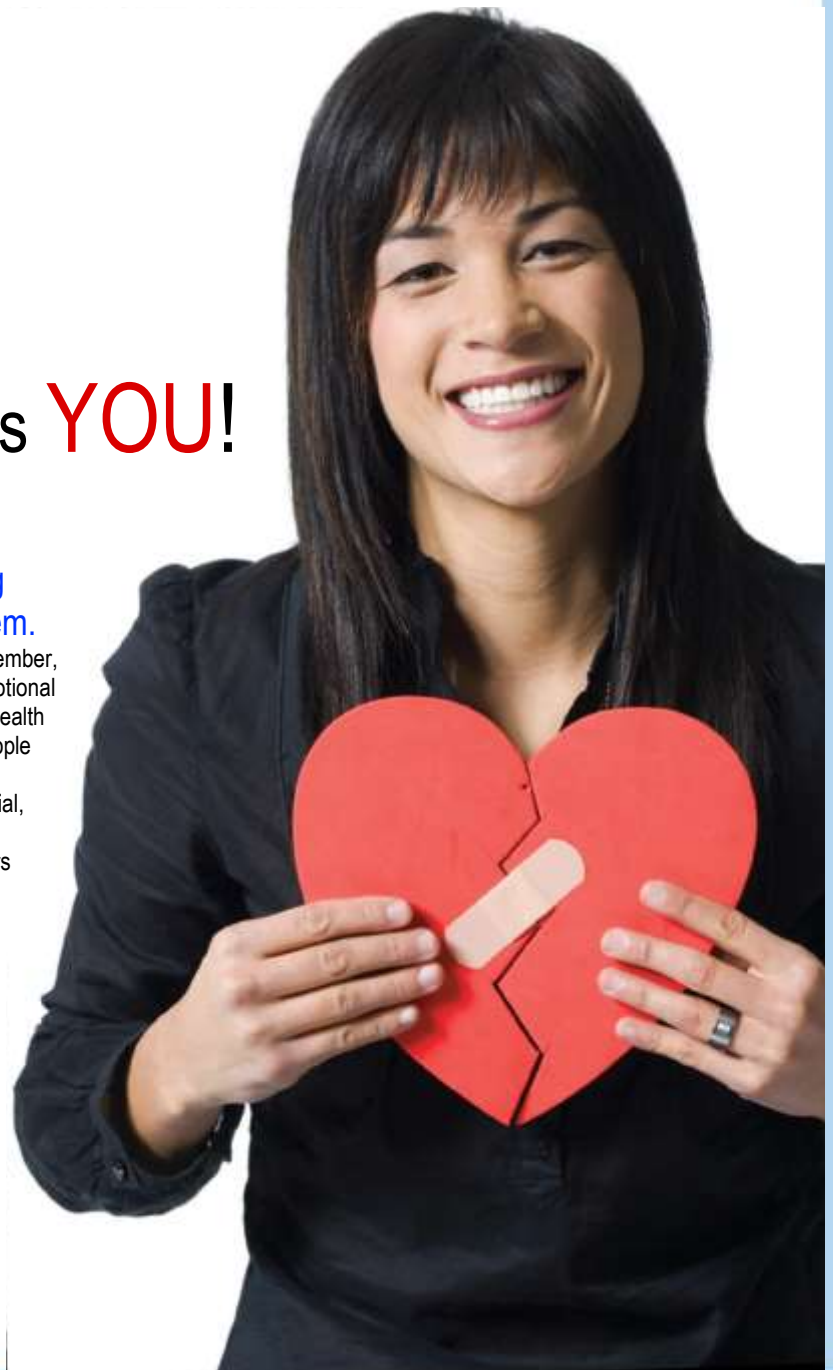
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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.



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