



MENTAL HEALTH FIRST AID TRAINING

LEARN TO ASSIST A PERSON WHO IS HAVING A MENTAL HEALTH CRISIS...

Just as CPR helps you assist an individual having a heart attack...

In this **Mental Health First Aid** course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Learn 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

Learn How To Intervene during:

- Panic Attacks
- Suicidal thoughts or behaviors
- Non-suicidal self-injury
- Acute psychosis (e.g., hallucinations or delusions)
- Overdose or withdrawal from alcohol or drug use
- Reaction to a traumatic event

Learning skills by practicing role plays and scenarios makes it easier to apply these skills in a real-life situation.

Class taught by Nationally Certified Trainers.

Saturday, October 28

8:30 a.m. to 5:00 p.m.

Hadlock Library

620 Cedar Ave, Port Hadlock, WA 98339

\$5 fee

Materials and lunch are provided FREE

To Register, Contact: Patrick Johnson 406-461- 8557 ...or email namijeffco@yahoo.com

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