



MENTAL
HEALTH
FIRST AID

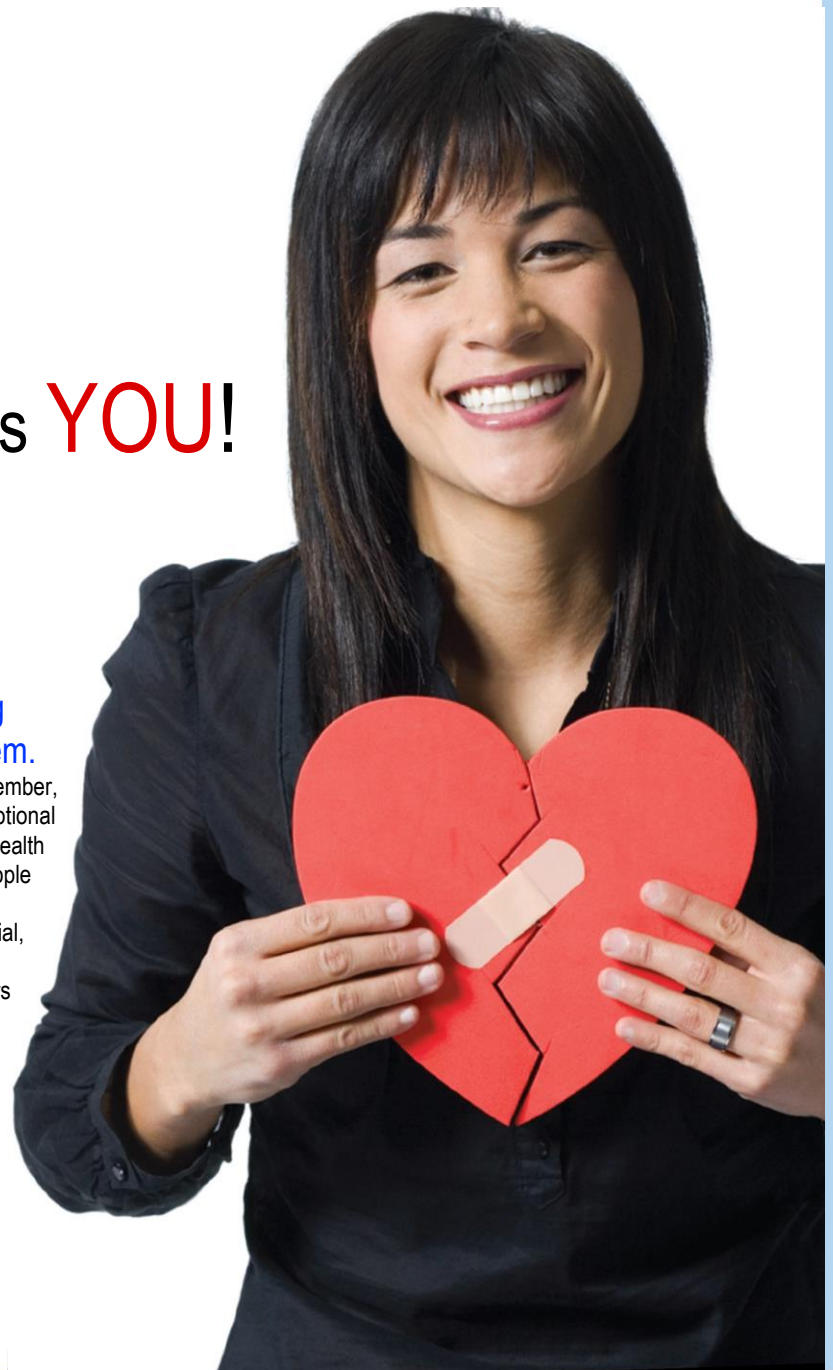
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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.



Mental Health First Aid

8:30 a.m. – 5:30 p.m. on January 22, 2014

Charlotte, NC

Cost: **\$35/** Includes MHFA Manual and lunch

See back for registration and contact information.

This course brought to you by: Mental Health Association of Central Carolinas, Inc., a Member Agency of United Way of Central Carolinas.



Mental Health First Aid-YOUTH

8-hour Course

January 29, 2014, TIME- 8:30 a.m. to 5:30 p.m.

Charlotte, NC

Cost: \$35.00 (This includes the MHFA manual and lunch)

REGISTRATION

To register visit our website https://app.etapestry.com/cart/MentalHealthAssociationofC_2/default/index.php or email the information below to kfalbo-woodson@mhcentralcarolinas.org. If you do not have access to email, call 704-365-3454 or mail completed form to:

Mental Health Association of Central Carolinas, Inc.
attn: Kathryn Falbo-Woodson
3701 Latrobe Drive
Suite 140
Charlotte, NC 28211

Questions? Call 704-365-3454.

Name _____

Phone number, if any _____

E-mail address, if any _____

Occupation and employer name, if any _____

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)



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 kfalbo-woodson@mhcentralcarolinas.org or call 704-365-3454.

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.