

Mental Health First Aid 12-hour Course

Thursday, August 15th, 2013 – 8:30am to 5:00pm AND

Friday, August 16th, 2013 – 8:30am to 4:30pm

Community Elements

1801 Fox Drive

Champaign, Illinois 61820



REGISTRATION

See below for additional information. To register, please mail this completed form along with your registration fee of \$90.00 per participant to:

Community Elements, Inc.

Attn: Human Resources

1801 Fox Drive

Champaign, IL 61820

Questions? Call 217-398-8080, extension 1283.

Name _____

Address (street, city, state, zip) _____

Phone number, if any _____

E-mail address, if any _____

Occupation and employer name, if any _____

- LUNCH WILL BE PROVIDED EACH DAY. Please note any dietary restrictions on this form.
- Registration is limited to the first 30 participants.
- Cost is \$90 per participant and payment must be received with registration by **Wednesday, August 7th**. The registration fee is non-refundable unless the training is cancelled by Community Elements, Inc. If a registered participant is unable to attend, the registration is transferrable to an alternate participant by notifying Community Elements.
- PLEASE NOTE: Certification in Mental Health First Aid will be attained upon the successful completion of the 12-hour training course and evaluation. Participants must attend the entire training to receive certification.



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? Call 217-398-8080, extension 1283.

Visit the **EVENTS** page at www.communityelements.org

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.

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 12-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.



This program has been pre-approved for 12 (General) recertification credit hours toward PHR, SPHR and GPHR recertification through the HR Certification Institute. The use of this seal is not an endorsement by the HR Certification Institute of the quality of the program. It means that this program has met the HR Certification Institute's criteria to be pre-approved for recertification credit.



Mental Health First Aid Course – 12-hour public course.

**8:30a-5:00p on Thursday, August 15th, 2013 AND
8:30a-4:30p on Friday, August 16th, 2013**

**Community Elements, 1801 Fox Drive
Champaign, Illinois, 61820**

Cost is \$90 – includes lunch and all materials.

Visit the Events page at
www.communityelements.org for more
information.