

LEARN MENTAL HEALTH FIRST AID



You are more likely to encounter someone—friend, family member, co-worker, neighbor, or member of the community—in an emotional or mental crisis than someone having a heart attack. Anyone can take the 8-hour Mental Health First Aid course—first responders, students and teachers, leaders of faith communities, human resources professionals, and caring citizens.

Similar to traditional First Aid and CPR, Mental Health First Aid is providing help to a person with a mental health problem or someone experiencing a crisis until professional treatment is obtained or until the crisis is resolved.

Student Development
APPROVED

Someone you know could be experiencing a mental illness or crisis. You can help!

If you are interested in increasing your skills to better serve people you care for, you will learn.....

- The course teaches participants the risk factors and warning signs of a variety of mental health challenges that are common including anxiety, depression, psychosis, eating disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling.
- Participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis.



Jefferson College
Student Center, Viking Room
Hillsboro, Missouri 63050

2 Day Course

Friday, October 14, 2016, 12-4 pm AND
Friday, October 21, 2016, 12-4 pm. Please arrive by 11:50 am to sign in.

The cost of the class is \$50. This covers the book, training, certificate, and afternoon snacks. Lunch is on your own. Students may apply for a scholarship to help with the cost.

Contact Sandy Davis sdavis1@jeffco.edu or at 636.481.3233 for details.