



Adult Mental Health First Aid 8-hour Course

– Tuesday, August 19 & 26, 2014 8:30 AM – 12:30 PM –
– Training & Materials \$80 * 8-hr Certificate Provided –

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.

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Madison, WI 53703
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MadisonSeniorCenter.org
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**Take the course, save a life,
strengthen your community**

Training Provided by:



Registration

Name _____

Phone number _____ E-mail address _____

Address _____

Occupation and employer name, if any _____

Brief description of why you're enrolling in the course: (i.e.: help family member or loved one, better serve clients)



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*

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.