

May is Mental Health Awareness Month

Observe it by taking

Mental Health First Aid

Become prepared to assist someone who is developing a mental health problem or is experiencing a mental health or substance use related crisis.

Choose **Adult** or **Youth Mental Health First Aid**
(or both!)



These **FREE** 8-hour courses are in **Alpena**
at **First Presbyterian Church Social Hall**



Youth Mental Health First Aid will be 5:30 p.m.
to 9:45 p.m.

Monday, **May 13** AND Tuesday **May 14**

Adult Mental Health First Aid will be 5:30 p.m. to 9:45 p.m.
Monday, **May 20** AND Tuesday **May 21**



In the **adult** course, you'll learn risk factors and warning signs for mental health and addiction concerns in adults. The **youth** course is for anyone who lives with, works with, or cares about youth age 12-18. You'll learn the unique risk factors and warning signs of mental health problems in adolescents.



Both courses include a **5-step Mental Health First Aid Action Plan** you can use to help adults and young people in both crisis and non-crisis situations. Mental Health First Aid teaches about *recovery* and *resiliency* – the belief that individuals can and do get better.

MENTAL HEALTH FIRST AID training is for persons age 18 and over.

The eight-hour course is **valued at \$200 per person** and is **FREE** to participants, thanks to funding from **Northeast Michigan Community Mental Health Authority**

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Certified Trainers are Carlene Przykucki and Mary Schalk of Partners In Prevention

Space is limited. Register by calling 989-356-2880.