



Sometimes first aid isn't a bandage, or CPR,



or calling 911.



Sometimes, first aid is YOU.



Mental Health First Aid

Take the FREE 8-hour course in Alpena

Monday, March 30 AND Tuesday, March 31, 2020

5:30 p.m. to 9:45 p.m. BOTH days

Alpena First Presbyterian Church Social Hall

Just as CPR helps you assist an individual having a heart attack, **Mental Health First Aid** helps you assist someone who is developing a mental health problem or who is having a mental health or substance use related crisis. You'll learn

- risk factors and warning signs for mental health and addiction concerns
- a **5-step Mental Health First Aid Action Plan** for how to help someone in both crisis and non-crisis situations.

Mental Health First Aid teaches about *recovery* and *resiliency* – the belief that individuals experiencing these challenges can and do get better.



MENTAL HEALTH FIRST AID is for interested persons age 18 and over. Topics include key psychiatric disorders among adults—depression or mood disorders, anxiety disorders, psychosis, and opioid and other substance use disorders.

Through role plays, scenarios, and activities, you get to practice the **Mental Health First Aid Action Plan** so you are comfortable applying these skills in a real-life situation with co-workers, family members, or friends.

Training is **free** to participants, thanks to funding from **Northeast Michigan Community Mental Health Authority**

Certified Trainer is Carlene Przykucki of Partners In Prevention

Space is limited. Call 989-356-2880 or 1-800-354-2880 by Friday, March 27 to register.

Feel free to brown bag your dinner

