



ADULT MENTAL HEALTH FIRST AID TRAINING

Mental Health First Aid is an international program proven to be effective. Peer-reviewed studies published in Australia, where the program originated, show that individuals trained in the program:

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.

Studies also show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.

When: Friday, September 27, 2024

Time: 9:00am-4:00pm CST

Lunch 12-1pm (on your own)

Facilitators: Michelle Kohmetscher

Where: Central Community College

1501 Plum Creek Parkway

Lexington, NE 68850

There is no registration fee to attend.

Sponsored by Region II Human Services & Central Community College, Lexington Center

REGISTRATION:

Please fill out the registration information below and send to Sindy Fiene at sindyfiene@cccneb.edu or call **1-308-324-8480** to register. 24/NC AVOR 9000 CLE21.

Additional questions, please call Shannon at 308-529-0595 or shannonsell@r2hs.com

CEU's are not available for the training, but a certificate of completion will be available after the training.

Please register by Wednesday, September 25, 2024. Class size is limited.

Last Name: _____ First Name: _____ MI _____

Address: _____ City _____ State _____ Zip _____

Birthdate ___/___/___ Phone number _____ Email Address _____

Occupation and employer name, if any _____

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)



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*

This project is 100% funded (\$5,093) through state dollars, contracted from the Nebraska Department of Health and Human Services, Division of Behavioral Health.



MENTAL
HEALTH
FIRST AID

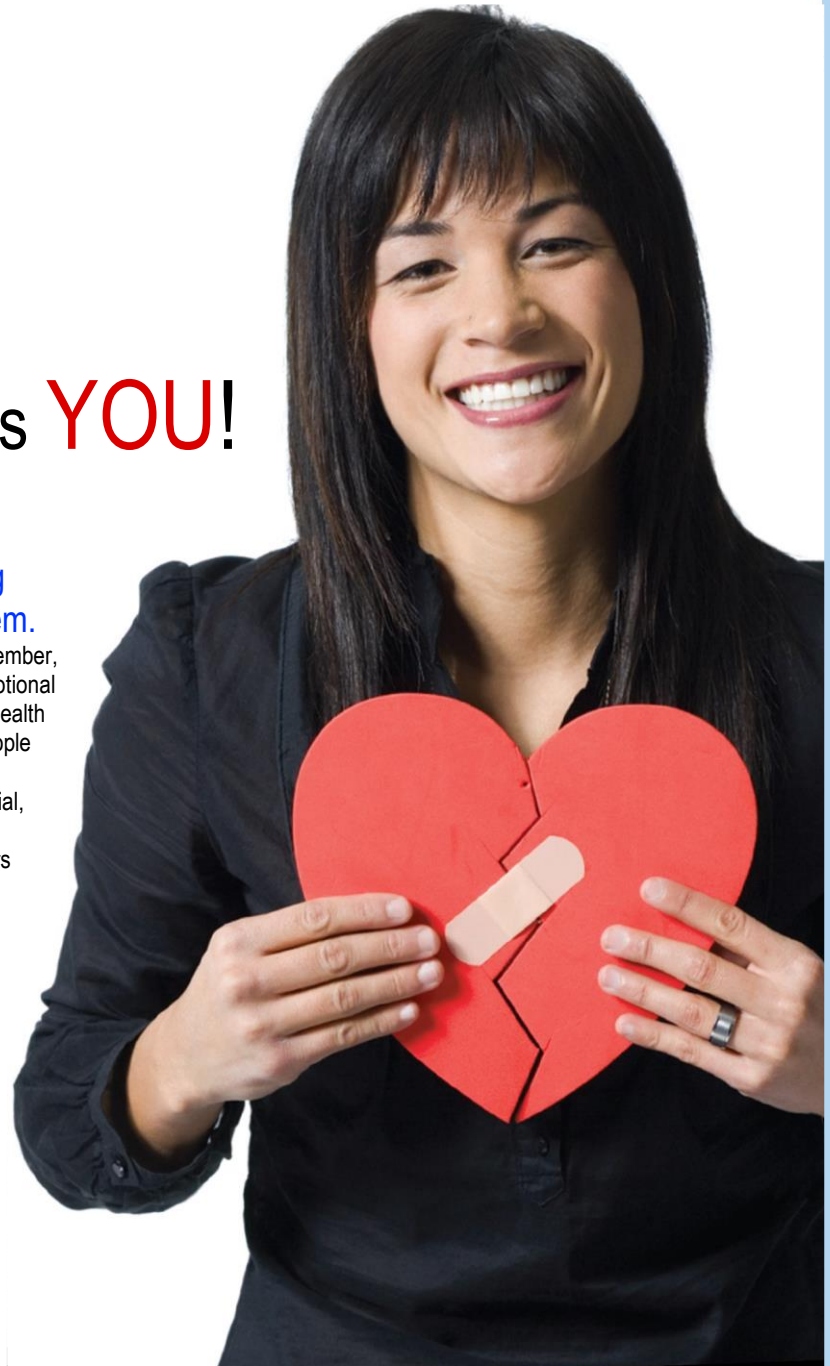
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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 8-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.



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