



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, October 17, 2025

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. AVOR 9000 CLE13

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, October 15, 2025. 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.

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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