

Training: Youth Mental Health First Aid

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health-related crisis.

In this Mental Health First Aid course, attendees will learn:

- risk factors and warning signs for mental health and addiction concerns
- strategies for helping someone in both crisis and non-crisis situations
- where to turn for help

Topics:

Before you can know how to help, you need to know when to help. We call this mental health literacy – or a basic understanding of what different mental illnesses and addictions are, how they can affect a person’s daily life, and what helps individuals experiencing these challenges get well.

Attendees will learn about:

- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance Use Disorders

Mental Health First Aid teaches about recovery and resilience – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

Date: Saturday, January 24, 2015

Time: 9 a.m. – 5 p.m. (you must attend the entire day to receive credit)

Location: 603 E. Washington in the 6th floor large conference room

Training Hours: 8 hours credit will be given if you attend all day

To Register: Call or e-mail Susan Peterson at 317-893-0207 or speterson@adultandchild.org
