



Mental Health First Aid - Adult Training!

What is Mental Health First Aid - Adult?

This one day / 8-hour training course gives people the tools to identify when someone may be struggling with a mental health or substance use problem or crisis, and to connect them with appropriate support and resources.

Participants will learn to:

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, eating disorders, substance use disorders, and self-injury.
- An understanding of various mental health disorders in the U.S. and the need to reduce stigmas.
- A 5-Step action plan covering skills, resources, and knowledge to assess the situation - and to select and implement appropriate intervention.
- Learn how to help someone in crisis and connect them with appropriate professional care.
- Evidence-based professional, peer, social, and self-help resources that are available.
- At the end of the training, you will be a 'Certified Mental Health First Aid - Adult' responder.

Take a course. Learn how to respond.

Strengthen your community

Dates: Tuesday – March 28, 2017 8:30 – 4:30
Wednesday – March 29, 2017 8:30 – 4:30
Thursday – March 30, 2017 8:30 – 4:30
(*Select One)

Location: Mashpee Wampanoag Health Service Unit - Administration Building
483 B Great Neck Road South Mashpee, Ma.

To register or for more information: PumukQien Collins 508-477-6967 ext 2562