



MENTAL
HEALTH
FIRST AID

ADULT 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 health challenge or crisis. **YOU CAN HELP THEM.**

You are more likely to encounter someone — friend, family member, co-worker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a five-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 eight-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.**

TRAINING INFORMATION

When: **April 9, 2024; 8:30 am – 3:30 pm**

This training requires two hours of self-paced learning prior to training day.

Location: virtual via Zoom

Register Here:

<https://www.surveymonkey.com/r/Z6P7M5Z>



Training is **FREE** if you provide services to individuals who live in Somerset or Bedford Counties.
Other providers may attend trainings for a fee.



For more information contact BHSSBC at:
814-443-8182 or training@bhssbc.us

**CEU's are available.*