

Mental Health First Aid

8-hour course
Offered at no cost

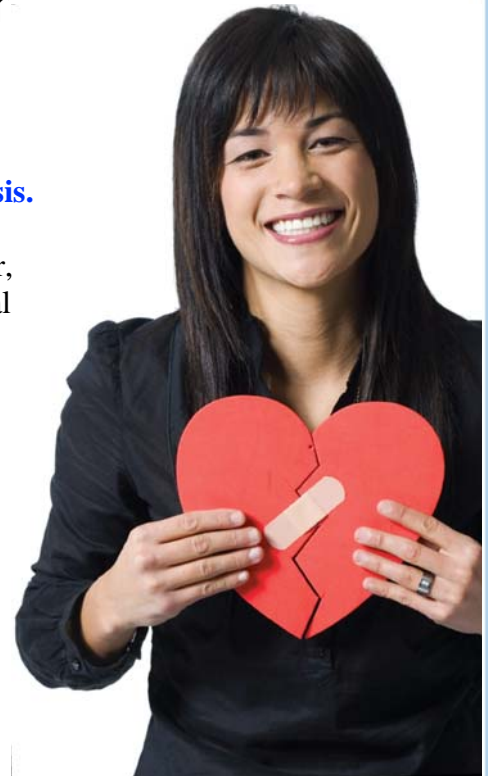
Sometimes, first aid isn't
a **bandage**, or **CPR**, or the **Heimlich**, or
calling **911**.

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.



Dates: Core Curriculum

June 15 & 16, 2016 Room A125 5:00 pm to 9:30 pm

Dates: Youth Curriculum

July 21 & 22, 2016 Room N105 8:30 am to 1:00 pm

Location: Carroll Community College, Westminster MD

Mental Health First Aid Classes are sponsored by a partnership between the Carroll County Health Department and Carroll Community College; as well as the American Foundation for Suicide Prevention for the June and July classes.



**AMERICAN FOUNDATION FOR
Suicide Prevention**



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*

To register contact Carroll Community College, Instant Enrollment
www.carrollcc.edu/instantenrollment or call 410-386-8100

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.