

MENTAL HEALTH FIRST AID



(8-hour class)

Saturday, October 29, 2016 (8:30am-5:00pm)

Providence St. Peter Hospital

IOP Classroom—1 South

Sponsored by the National Alliance on Mental Illness (NAMI)

Thurston-Mason Affiliate



FREE (20 participants)



Thurston/Mason

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 the Mental Health First Aid course, you learn risk factors and warning signs for mental health and substance use conditions, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help! Mental Health First Aid teaches about recovery and resiliency—*the belief that individuals experiencing these challenges can, and do get better, and use their strengths to stay well.*

Before you can help,...you need to have a basic understanding of what mental illness and substance use are, how they affect a person's life and what will help an individual experiencing these challenges.

- ⇒ *Assess for risk of suicide or harm*
- ⇒ *Listen non-judgmentally*
- ⇒ *Give resources and information*
- ⇒ *Encourage appropriate professional help*
- ⇒ *Encourage self-help and other supportive strategies*

Registration:

Email: marilyn.roberts@providence.org or 360-486-6451

