



**MENTAL
HEALTH
FIRST AID**

Mental Health First Aid

This is an 8 hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness.

Studies found that those who trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes.

Wednesday October 24th & Thursday October 25th

9am-1pm

The Sanctuary

Unitarian Universalist Community of the Mountains

246 South Church Street, Grass Valley, CA 95945

Participants will learn:

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, substance use disorders, and self-injury
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care

Must attend both sessions in full to be certified.

To Register: <http://evite.me/Bu22x3uYYh>

Questions: 265-1228/whatsupwellness@gmail.com

SEATING IS LIMITED, confirmation is needed.