

Seward Suicide Prevention Coalition Presents:

# Mental Health First Aid

**ADULT:** Friday, April 20, 2018 8:00am - 5:00pm

**YOUTH:** Wednesday, April 25, 2018 8:00am - 5:00pm

**Seward Memorial Library - Lower Level Conference Room**

**Cost: FREE! Lunch is on your own.**

Mental Health First Aid is an 8 hour training course that will give participants the key skills to help someone who is developing a mental health problem or is experiencing a mental health crisis. The training helps laypersons identify, understand, and respond to signs of mental health illnesses and addictions. **Take adult or youth training, or both!**



**Adult Mental Health First Aid is focused on helping those who may be experiencing symptoms of a mental illness or in crisis. Adult training is great for friends, family members, coworkers, and others.**

**Youth Mental Health First Aid designed for adults who work with youth (ages 12-18)**

**Youth Training is great for teachers, coaches, faith communities, social workers or other caring citizens.**



## Trained individuals will be able to:

- ◆ Recognize the potential risk factors and warning signs for a range of mental health concerns.
- ◆ Obtain information on: depression, anxiety, trauma, psychosis and psychotic disorders, substance use disorders, and self injury.
- ◆ Use a 5-step action plan to help an individual in crisis; connect with appropriate professional help.
- ◆ Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- ◆ Apply knowledge of the evidence-based professional, peer, social and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.



**Register Early. Limited Seating.  
Registration Deadline One Week Before Session.**

Registration fee will be collected at the training.

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Adult  Youth  Both

REGISTRATIONS TO: [jbarton@region5systems.net](mailto:jbarton@region5systems.net)

**Register online:**

**Adult:** <https://tinyurl.com/AMHFA4-20>

**Youth:** <https://tinyurl.com/YMHFA4-25>

**FAX: 402-441-4335**

**Questions: 402-441-4336**

