

MENTAL HEALTH FIRST AID TRAINING

Saturday, April 21, 2018

WHAT IS ADULT MENTAL HEALTH FIRST AID?

An 8-hour training that was developed because mental health diagnoses -- such as depression, anxiety, impulse control and misuse of alcohol and other drugs -- are shockingly common in the United States. In fact, more than 1 in 4 American adults will have a mental health problem in a year. The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including McHenry County Mental Health Board, to implement MHFA to equip the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The clinical and qualitative evidence behind the program demonstrates that it helps the public better identify, understand, and respond to signs of mental illness, thus improving outcomes for individuals experiencing these illnesses. This training is targeted for individuals interested in learning ways to assist individuals experiencing a mental health crisis and is open to the general community.

DETAILS

- **9:00 am - 5:00 pm** (Breakfast and lunch are provided)
- **Course Fee: No cost, sponsored by the McHenry County Mental Health Board**
- *All attendees receive a certificate of attendance for completing the 8-hour course.*

LOCATION

Woodstock Public Library
414 W. Judd Street, Woodstock, IL 60098

TO REGISTER

Email Phyllis Seyler at pseyler@namimchenrycounty.org and include your name, address, phone number, and email.

If your organization would like to offer Adult or Youth Mental Health First Aid training onsite or as a group, please call Phyllis Seyler at 815-308-0851 for more information.