



## Adult Mental Health First Aid

Is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem.

# ADULT MENTAL HEALTH FIRST AID TRAINING

*Is an interactive course which empowers you to IDENTIFY, UNDERSTAND & RESPOND TO Adults in a mental health crisis.*

Mental Health First Aid is an 8-hour live training valuable resource that can make a difference in the lives of individual experiencing a mental crisis. Just as CPR helps you assist an individual having a heart attack – even if you have no clinical training – Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid Course, you will learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn to help. Visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) for more information.

***Before you can know how to help, you need to know WHEN to help!***

This training will teach you—

The ***Potential Risks*** for developing a mental illness;

How to ***Recognize Signs and Symptoms*** of common mental illness; and

A ***5 Step Action Plan*** to help a person who may be experiencing a mental health crisis

## TRAINING DATE

**What:** Mental Health First Aid Training

**When:** Saturday, July 23, 2016

**Time:** 8:30 am to 5 pm

**Where:** Soul Saving Center of Christ, Inc.,  
(Sheriff Road & 43<sup>rd</sup> Place)  
Founder's Hall, 909 43<sup>rd</sup> Place, NE,  
Washington, DC 20019

**Cost:** \$50 (MHFA Book, Light Breakfast & Lunch)

Contact nationally certified MHFA Instructor:  
Elder Deborah A. Corley @ [dacorley@verizon.net](mailto:dacorley@verizon.net) or on (202)369-0611