

# BECOME A CERTIFIED MENTAL HEALTH FIRST AIDER

## ***DID YOU KNOW...***

**ONE out of every FOUR people** has struggled with a mental health problem at some point in their lives. That's **more than** those affected by

**heart disease, lung disease and cancer, COMBINED!**

Many people suffer alone because they don't know how or where to seek help.

***But there is hope. And that hope is you.***

**Help break the stigma of seeking help for mental health issues.... become a certified Mental Health First Aider.**

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid gives you helpful information and resources so you can offer emotional support and practical help to someone in a mental health crisis.

The interactive 8-hour course can be conducted as a one-day seminar or across multiple days to accommodate tight schedules.

You may attend one of our scheduled sessions, or we can present classes at your location.

## OUR MISSION

Child & Family Center helps build a healthy Santa Clarita Valley by providing mental health, behavioral and education services to children, teens, adults and families.



**21545 Centre Pointe Parkway  
Santa Clarita, CA 91350  
661-259-9439**

**[www.childfamilycenter.org](http://www.childfamilycenter.org)**

**Improving lives...one family at a time.**

# MENTAL HEALTH FIRST AID



**FREE**  
Youth Mental Health  
First Aid Course

March 8 & 9, 2018  
8:30am - 12:30pm  
At Child & Family Center



# RECOGNIZE

## Signs of a Mental Health Emergency



### Warning signs for:

- Depression
- Anxiety Disorders
- Psychosis
- Substance Use Disorders
- Eating Disorders

### First Aid for mental health crises:

- Suicidal thoughts and behaviors
- Self-injury
- Panic attacks
- Adults or children affected by traumatic events
- Acute psychosis
- Medical emergency from alcohol abuse
- Aggressive behavior

### Who should attend?

Mental Health First Aid training is for everybody:

- Human Resource Professionals
- Hospital and health center staff
- Employers
- Faith communities
- Law enforcement first responders
- Nursing home staff
- Consumers, families
- Community leaders

# LEARN

## How to Help Someone in Need



Through experiential activities, gain an understanding of the impact of mental illness on individuals and families.

Learn about evidence-supported treatment, self-help strategies, and a range of professional resources available in your community.

### ALGEE - A Simple 5-Step Action Plan



"ALGEE"  
Mental Health First Aid  
Mascot

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self help and other support

# HELP

## Make an Impact on Your Community



Mental health issues affect all of us in some way, shape or form. As a Mental Health First Aider, you play a vital role in offering support that enhances the wellness of yourself and others, and makes a lasting difference in someone's life.

### Goals of Mental Health First Aid

- ✚ Preserve life when a person may be a danger to self or others
- ✚ Provide help to prevent the problem from becoming more serious
- ✚ Promote and enhance recovery
- ✚ Provide comfort and support
- ✚ Help reduce the stigma of mental health