



**MENTAL
HEALTH
FIRST AID**

6.7.19 Mental Health First Aid Training Participant Feedback: Engaging, Encouraging and Delightful! So thankful that she brought an incredible amount of energy and knowledge to the day!

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

6.19.19 Mental Health First Aid Training Participant Feedback: Great Job! You made it seem safe and comfortable in able to achieve an optimal learning environment.

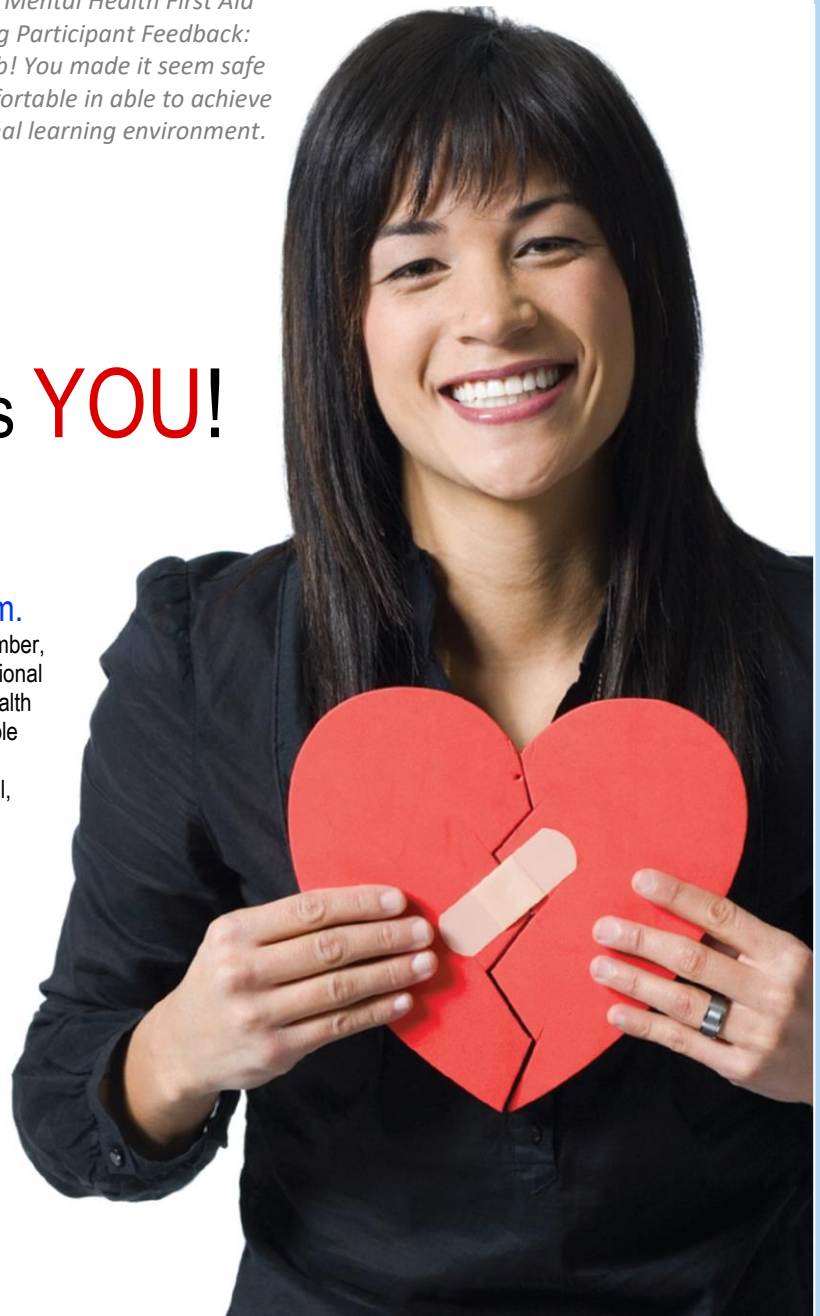
Sometimes, first aid is **YOU!**

Someone you know could be experiencing a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you. Take the course, save a life, strengthen your community.

6.7.19 Mental Health First Aid Training Participant Feedback: My instructor was very knowledgeable and was clear and concise with her approach. She did a great job!



6.4.19 Mental Health First Aid Training Participant Feedback: Very kind, welcoming and responsive to ideas.



Mental Health First Aid

**SCCMHA, A & W Building, One Germania Platz
Saginaw, Michigan 48602**

See back for registration and contact information.

This course brought to you by Saginaw County Community Mental Health Authority and a generous grant provided by Blue Cross Blue Shield of Michigan Foundation.



MENTAL HEALTH FIRST AID

COST:
\$30

**This cost is significantly reduced from \$170 by a generous grant from Blue Cross Blue Shield of Michigan Foundation. *Scholarships available based on need*

Mental Health First Aid

8-hour Course

**See specific course information regarding available continuing education, MCBAP and MCOLE credits*

Trainer: Open

***See list of open training dates on website:** <https://www.mentalhealthfirstaid.org/>
or contact Alecia Schabel at 989-797-3451 for more information

SCCMHA Albert & Woods Professional Development & Business Center
One Germania Platz
Saginaw, Michigan 48602

REGISTRATION

Seating for this training is limited. Please call or email in advance to ensure availability.

To register, please complete the information on the form below and email the form to registrations@sccmha.org. If not paying by credit card promptly send payment (checks made payable to: Saginaw County Community Mental Health Authority). If you do not have access to email, fax this form to 989-498-4219, call 989-797-3445 or mail this completed form to the address below.

****CANCELLATIONS must be made within 72 business hours in order to receive a refund****

SCCMHA
Attn: MHFA Registrations
500 Hancock
Saginaw, MI 48602

Course Type (circle one): **Adult, Youth, or Public Safety**

Training Date(s) _____

Name _____

Phone Number _____

Email Address _____

Occupation and Employer Name & Address _____
Social Work CEs Requested (check one) **YES** **NO**

Brief description of why you're enrolling in the course:
(examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

Credit Card Information

Card Type: MasterCard Visa

Cardholder Name (as shown on card): _____

Card Number: _____

Expiration Date (mm/yy): _____

Cardholder ZIP Code (from credit card billing address): _____

3 Digit Security Code: _____

I, _____, authorize SCCMHA to charge my credit card above for the Mental Health First Aid registration fee.

Signature _____

Date _____

*A receipt will be emailed to the address you provide on the left
This registration form, marked "paid" will serve as a receipt for all cash and check payments.



ALGEE, the Mental Health First Aid Action Plan

- 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 strategies

Questions? Call Alecia Schabel at 989-797-3451.

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.