



MENTAL
HEALTH
FIRST AID



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Mental Health First Aid teaches suicide prevention and how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out to provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. SCCMHA has provided Mental Health First Aid training since 2014. The course is very popular in Saginaw and the surrounding communities among teachers, first responders, faith-based communities, business communities, direct care workers, healthcare workers, Social Service workers, veterans, neighbors, friends, families, and people in recovery – anyone can take this very valuable course! The course offers any interested person knowledge about how to respond to a mental health crisis by taking away the fear and hesitation when starting a conversation about mental health with adults or youth. The safety net begins there with asking, listening, and conquering the isolation that places people at greatest risk.

Mental Health First Aid Training typically costs \$170 per person but is available FREE for those who take the training or sign up in May during the celebration of Mental Health Awareness Month.

Free courses are offered virtually through Zoom (unless identified as **Live*) on these dates:

<u>Adult Mental Health First Aid</u>	<u>Youth Mental Health First Aid</u>	<u>Public Safety Mental Health First</u>
	<u>Aid</u>	<u>Training</u> <i>**reserved for First</i>
May 11, 2021 <i>Responders only</i>	May 5, 2021 <i>*Live</i>	
May 20, 2021 <i>*Live</i>	May 27, 2021	May 18, 2021
May 21, 2021	June 29, 2021	
June 24, 2021		

Live* – course is held at SCCMHA Albert & Woods Professional Development and Business Center 1 Germania Platz Saginaw 48602. **COVID Safety Guidelines will be strictly enforced.*

More details can be found here:

<https://www.sccmha.org/news-information/announcements/mental-health-first-aid-training.html>