

MENTAL HEALTH FIRST AID

DO YOU KNOW WHAT TO DO IN A CRISIS?

Mental Health First Aid USA is an 8-hour, two-day training designed to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders. There are two different classes - each teaching participants how to identify and respond to people in crisis. The adult class is intended to teach adults to respond to other adults, while the youth class is intended to teach adults to respond to adolescents ages 12 – 18.

Cost: \$20 per class – includes participant manual

Time: Thursday and Friday from 12:00 – 4:30pm

Location: Learning Resource Center

4135 Washtenaw Ave, Ann Arbor, MI 48108

****8 CEU hours available for licensed social workers with a valid license number****

****8 SCECH hours available for those with a valid license****

(For SCECH hours, please include a check for \$10 payable to the WISD.)

Class Dates

Adult Mental Health First Aid

March 2 – 3

June 1 – 2

Sept. 7 – 8

Dec. 7 – 8

Youth Mental Health First Aid

March 23 – 24

June 22 – 23

Sept. 21 – 22

Dec. 14 – 15

For more information or to register for a course:

Contact Angela Zander at (734) 544-6712 or

zandera@ewashtenaw.org

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