

Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Adult Mental Health First Aid

December 16, 2021

9:00am - 4:00pm

Virtual Class

(2 hours of pre-work on your own prior to class date followed by 5.5 hours of instructor led material online)

Training Provided by Lynne Chambers, JD, MSW

Certified Mental Health First Aid Instructor

REGISTRATION - Please Register by December 8th. There is no fee to register. Space is limited. Call (618) 457-5200 x 67842 or email the information below to fanta.saidou@sih.net.

Name.....

Phone number.....

E-mail address.....

Occupation (Indicate if retired).....

**Space is limited to those who work or live in the lower 16 counties of Illinois.
Access to computer and internet are required.**

**Sometimes, first aid isn't a bandage,
or CPR, or the Heimlich, or calling 911.
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, co-worker, neighbor, or a member of your faith 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 adults 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 learn Mental Health First Aid.
Take the course, save a life, strengthen your community.**

**Sponsored by the Healthy Southern Illinois Delta Network in partnership with
Southern Illinois Healthcare & Shawnee Community College.**



Healthy Southern Illinois Delta Network