



# Adult Mental Health First Aid 8-hour Course

– Tuesday, August 19 & 26, 2014 8:30 AM – 12:30 PM –  
– Training & Materials \$80 \* 8-hr Certificate Provided –

**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.

Madison Senior Center  
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Madison, WI 53703  
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**Take the course, save a life,  
strengthen your community**

Training Provided by:



## Registration

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

**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)

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### *ALGEE, the Mental Health First Aid Action Plan*

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

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.