

JOIN US for a **FREE COMMUNITY TRAINING!**



What is Mental Health First Aid?

- ❖ It is similar to CPR/First Aid, only instead of teaching us how to respond to a medical emergency, it teaches us how to respond when someone is showing the signs and symptoms of mental illness!
- ❖ *Mental Illness effects 1 out of 5 of us...* Do you know what it looks like in your friends and neighbors? Would you know how to respond if you become that “one person” being asked to help?

This training will **ENGAGE** you, **INSPIRE** you and **EXPAND** your understanding of mental illness!

Two Trainings Available

→ **Wednesday, September 6, 2017 8am to 5pm (sign-in at 7:30am)**
@ Mary Rutan Crossroads Business Center, 21 Hunter Place, Bellefontaine *(lunch provided)*

OR

→ **Monday, September 11, 2017 8am to 5pm (sign-in at 7:30am)**
@ Champaign County Community Center, 1512 South US HWY 68, Urbana *(lunch provided)*

Cost: FREE Register By: Wednesday, August 30, 2017

(Registration includes: a 200+ page comprehensive manual, all materials, and a 3 year certification)

Sponsored by:



The Mental Health, Drug & Alcohol Services Board
for Logan & Champaign Counties



3 WAYS TO REGISTER:

- Mail:** MHDAS Board, P.O. Box 765, West Liberty, OH 43357
Email: Fill out & Scan Registration Form to alane@mhdas.org
Fax: Registration Form to 937-465-3914 Attn: Andrea Lane

For additional information please contact:

Stacey Logwood – slogwood@mhdas.org or Julie Wilcox – jwilcox@ccibhp.com



Mental Health First Aid Registration Form

Mental Health First Aid is an interactive, 8-hour Adult certification course that presents an overview of mental illness and substance use disorders in the U.S., introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments. Those who take the courses to certify as Adult Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

Registrant Information (please print clearly)

Name: _____

Address, City, State, ZIP Code: _____

Email: _____

Phone: ___() _____ Cell Home Work

How did you hear about Mental Health First Aid? _____

Occupation: _____

Preferred Course Date & Location:

- Wednesday, September 6, 2017...8:00am to 5:00pm (sign-in 7:30am)**
Mary Rutan Crossroads Business Center, 21 Hunter Place, Bellefontaine (lunch provided)
- Monday, September 11, 2017...8:00am to 5:00pm (sign-in 7:30am)**
Champaign County Community Center, 1512 South US HWY 68, Urbana (lunch provided)

Course Fee:

FREE - Thanks to the Mental Health, Drug & Alcohol Services Board of Logan & Champaign Counties

Questions? Cancellations?

937-465-1045 • alane@mhdas.org

By signing/dating this form, I hereby agree to attend the Adult Mental Health First Aid course I have selected above for the entire 8 hours (8am-5pm). I understand that failure to attend the course in its entirety of training will result in forfeiture of certification.

Signature/Date: _____

Please send completed form to:

MHDAS Board

P.O. Box 765, West Liberty, OH 43357

Fax: 937-465-3914 Attn: Andrea Lane OR Scan and email form to: alane@mhdas.org

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