



# Mental Health First Aid - 8 hour Courses

Youth Focus – Monday October 24, 2016 9:00 am – 5:00 pm

*For anyone who works with, or supports, youth and young adults.*

*Youth Mental Health First Aid can give you tools to recognize early warning signs of suicide or depression, and give you information on how to feel more confident in addressing such concerns.*

Adult Focus – Monday November 14, 2016 9:00 am – 5:00 pm

*For anyone looking for tools to recognize someone who is experiencing a mental health issue or crisis. This is a great opportunity to learn some tools to approach and help someone in need. This course will give you a better understanding of what someone else may be going through and help reduce the stigma that surrounds Mental Health.*

Allegan County Community Mental Health Services  
County Service Building  
3283 - 122<sup>nd</sup> Ave  
Allegan, MI 49010

Both courses are free of charge and lunch will be provided, made possible by a grant from the Perrigo Company Charitable Foundation.

## REGISTRATION

**Please register at:** <https://lakeshoretraining.org/allegan>

\*You will need to create a student account if you have not already done so. **You must enroll prior to attending.**

Please Choose Allegan for County option. If your manager, organization or program is not listed, please choose "0, no manager/other" Registration questions? Please contact Kathy Fairbotham (269) 673-8833, ext. 2705 or email [KFairbotham@accmhs.org](mailto:KFairbotham@accmhs.org)

## Questions? Please contact:

**Erin Hurley, MHFA Trainer**  
ACCMHS  
(269) 673-3384 ext 2764

**Dale Shannon, MHFA Trainer**  
ACCMHS  
(269) 673-8833 ext 2706

[EHurley@accmhs.org](mailto:EHurley@accmhs.org)

[DShannon@accmhs.org](mailto:DShannon@accmhs.org)

### 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

### Questions? Contact:

**Erin Hurley (269) 673-3384 ext. 2764**  
**Dale Shannon (269) 673-8833 ext. 2706**

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.



Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

A person you know could be experiencing  
a mental health challenge or crisis.  
You can help them.

You are more likely to encounter someone — friend, family member, student, 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 anyone showing signs 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.

Sometimes, the best first aid is you.  
Take the course, save a life,  
Strengthen your community.



**Mental Health First Aid Courses –  
8-hour public course.**

**ACCMHS at the County Services Building  
3283 122<sup>nd</sup> Ave, Allegan MI 49010**

Free of Charge, lunch provided  
See back for registration and contact information.  
This course is brought to you by Allegan County  
Community Mental Health, Lakeshore  
Coordinating Council and the Perrigo Charitable  
Foundation