

Mental Health First Aid Works



"In July 2015, I took a Mental Health First Aid course at WestCare Nevada. Little did I know that just a few days later I would be using the information and techniques I had learned in the class in a real life situation."

-Rick Denton, Peer Support Specialist

"I've taken regular first aid, and I've used both, but certainly the opportunities to use Mental Health First Aid are much more abundant."

- Nathan Krause, Pastor



"On a daily basis, we're presented with people dealing with mental illness. Every day, this training will be beneficial."

- Sgt. Steven Parkinson, Police Officer



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2018 TRAINING DATES

Adult Mental Health First Aid

Jan 04-05	8:30AM-12:30PM
Feb 01-02	8:30AM-12:30PM
Mar 15-16	8:30AM-12:30PM
May 24-25	8:30AM-12:30PM
Jun 21-22	8:30AM-12:30PM
Jul 26-27	8:30AM-12:30PM
Sep 27-28	8:30AM-12:30PM
Oct 18-19	8:30AM-12:30PM
Nov 29-30	8:30AM-12:30PM

Youth Mental Health First Aid

APR 26-27	8:30AM-12:30PM
Aug 23-24	8:30Am-12:30PM
Dec 20-21	8:30Am-12:30PM

Location:

9521 San Mateo Blvd NE.
Albuquerque NM 87114

To Register send email to:

nsimpson@PHS.org

Cost – Sponsored by PHP

CEUs Available

What Participants Learn



- ✦ **Risk factors and warning signs** of mental health and substance use problems
- ✦ **Information** on depression, anxiety, trauma, psychosis and substance use
- ✦ **A 5-step action plan** to help someone who is developing a mental health problem or in crisis
- ✦ **Available evidence-based professional, peer and self-help resources**



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