

# ADULT MENTAL HEALTH FIRST AID



Mental Health First Aid® is the help offered to a person developing a mental health problem or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.

Mental Health First Aid® teaches the public how to recognize the symptoms of mental health problems, how to offer and provide initial help, and how to guide a person toward appropriate treatments and other supportive help.

The training is designed to provide people with understanding of mental health and how they can assist as non-clinicians.

*Register now* as this class is limited to 30 people.



**March 29 & 30, 2017**

**Holy Cross Hospital**  
**HealthPlex**  
**1000 NE 56 Street**  
**Fort Lauderdale**  
**(On the west side of Dixie Highway)**

**8:00 a.m.**  
**Breakfast & Registration**

**8:30 a.m.–12:45 p.m.**  
**4 Hour Course Each Day**

**For certification you must attend both days.**  
**(8.0 Nursing Contact Hours; 8 CEU's for LCSW, LMHC, LMFT)**

**\$20 per person**  
**To pay online visit:**  
**<http://www.hendersonbh.org/events-rsvp.php>**

**Conducted by Henderson Behavioral Health Staff:**

**Suzanne Higgins & Lee Wein, MSW**  
**(Certified MHFA Instructors)**

**For more information email:**  
**[shiggins@hendersonbh.org](mailto:shiggins@hendersonbh.org)** or  
**call 954-777-1624**