



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

Sometimes, first aid is **YOU!**

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.

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



ALGEE, the Mental Health First Aid Action Plan

**Adult Mental Health First Aid**  
**November 28, 2017**  
**8:00am – 5:00pm**  
**Midwest Electric St. Mary's**  
**6029 Co. Rd. 33 A**  
**St. Mary's, OH 45885**

Registration Fee: \$20.00 day of training

Register : [www.mhfa.care](http://www.mhfa.care)

Questions ? Call John at 419-549-8530 x 5

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