

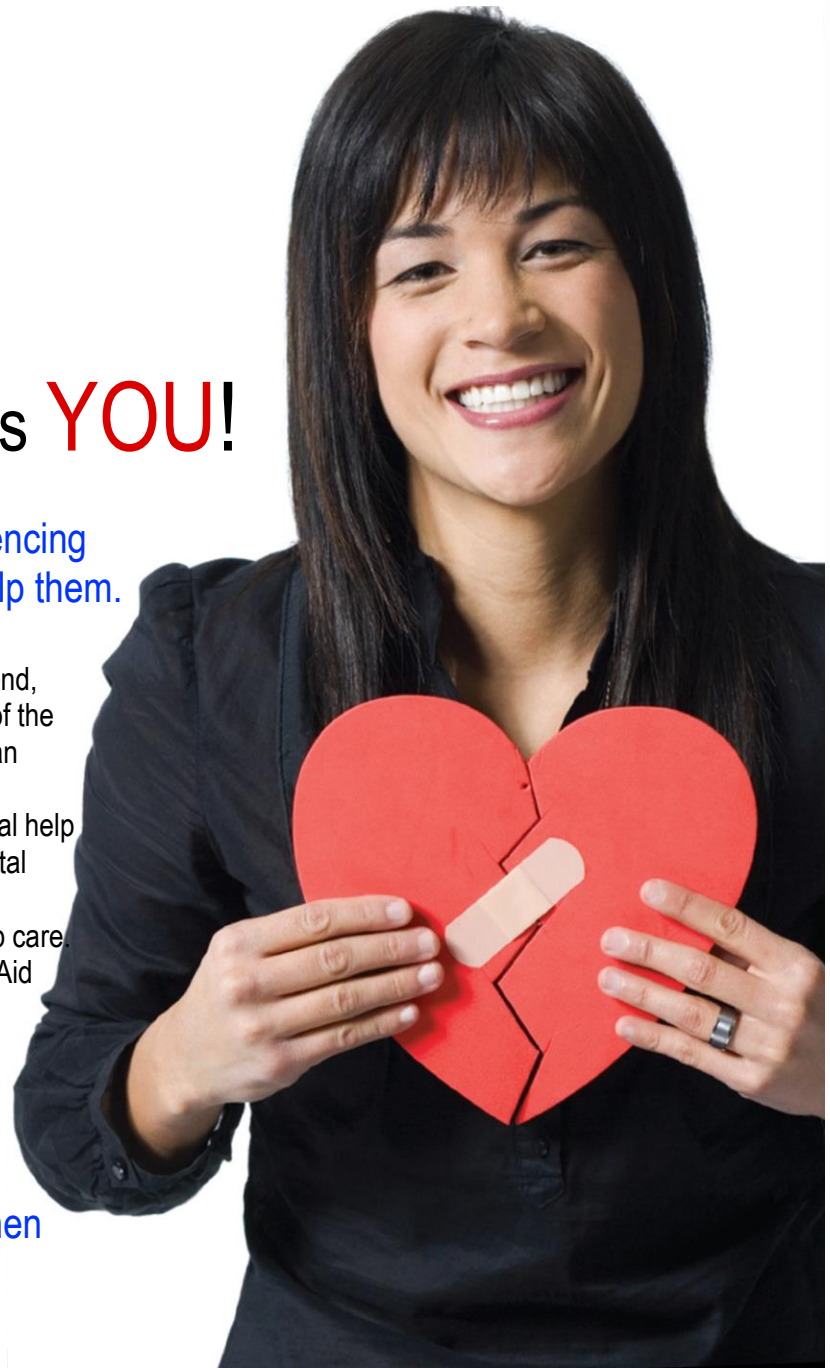
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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

This course is brought to you by:

