

FIRST PRESBYTERIAN CHURCH
16 LEON SULLIVAN WAY
CHARLESTON, WV 25301
304-343-8961

MENTAL HEALTH FIRST AID +

First Presby is offering a training course for the staff members of local Presbyterian churches on ways to respond to those suffering from mental illness.



August 12, 2019
9:30 a.m. to 3:30 p.m.
Dining Room- Activities Building

"For God gave us spirit not of fear but of love and self control."
2 Timothy 1:7

OUR FACILITATOR IS AMY GAMBLE OF THE
NATIONAL ALLIANCE ON MENTAL ILLNESS,
GREATER WHEELING AREA.

MENTAL HEALTH FIRST AID +



Course Registration Form

When someone in our people network has cancer, we know how to rally – we cook, clean, drive them to doctor's appointments, and much more. But when someone is struggling with depression, anxiety, trauma, or other mental conditions, we are not quite sure what to do. Mental Health First Aid is a course that teaches us how to help someone in our network of contacts who is developing a mental health problem or experiencing a mental health crisis. The training helps identify, understand, and respond to signs of addictions and mental illnesses, and given our demographic as Presbyterians serving Charleston, this can be a very helpful resource for our mission and ministry. This is an evidence based curriculum that was created to help us be more effective in responding to those around us.

**"For God gave us spirit not of fear but of love and self control."
2 Timothy 1:7**

Monday, August 12

9:30 a.m. - 3:30 p.m.

Dining Room- Activites Building at First Presby

\$35 fee includes materials, workbook, and a healthy lunch. All registrations and payments are due by August 5. Payment must accompany registration. Please mail to Vanessa King, First Presbyterian Church,

16 Leon Sullivan Way, Charleston, WV 25301.

Name: _____

Phone Number: _____

Email Address: _____

At which church in the Presbytery do you serve as staff? _____

Dietary restrictions: _____