

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.

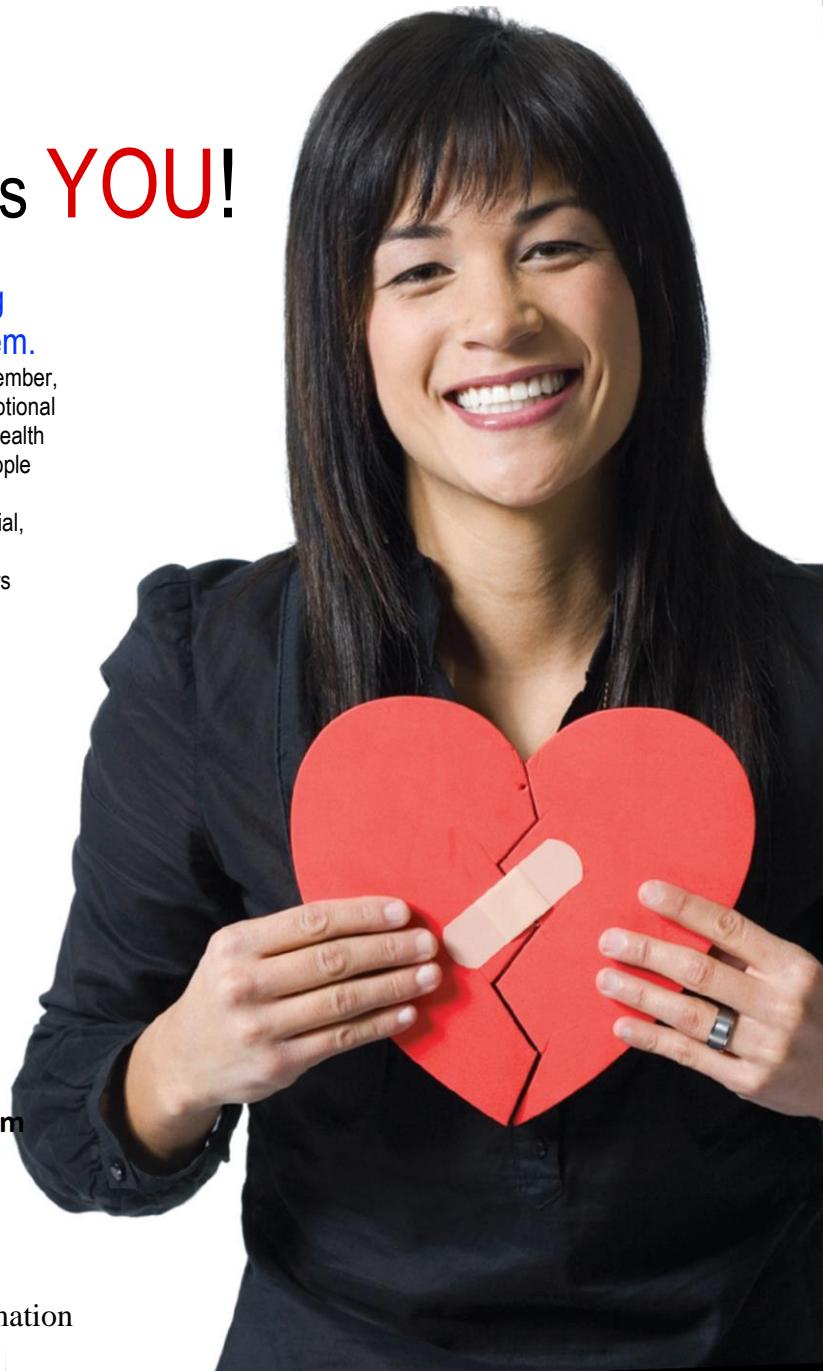
**~WHEN: Friday, May 26, 2017 9am-5pm**  
(1/2 hour lunch)

**WHERE: Upcountry Community Center**  
19386 Hwy 88  
Pine Grove, CA 95665

**~WHEN: Wednesday, July 19, 2017 9am-5pm**  
(1/2 hour lunch)

**WHERE: Lone Family Resource Center**  
17 South Buena Vista Rd.  
Lone, CA 95640

**Attendees must RSVP.** For more information  
or to RSVP, please call 209-296-2785!



#### ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Questions? Contact [rturner@nexusyfs.org](mailto:rturner@nexusyfs.org) or call  
209-296-2785

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.