

The **National Indian Health Board (NIHB)** is partnering with the National Council for Behavioral Health (NCBH) to offer

# MENTAL HEALTH FIRST AID TRAINING



The training is a full day course that will introduce participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments.

This is a live training course, which uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect persons to professional, peer and social supports as well as self-help resources.

The course will also provide information on how to adapt mental health first aid to AI/AN communities.

For more information or to RSVP contact Courtney Wheeler, [cwheeler@nihb.org](mailto:cwheeler@nihb.org) or 202-507-4081

**This event is free of charge.**

TUESDAY, JULY 24, 2018

8:00 AM - 5:00 PM

WASHINGTON MARRIOTT WARDMAN PARK

2660 WOODLEY ROAD, NW

WASHINGTON, DC 20008

FOR MORE INFORMATION