

## GET INVOLVED & MAKE A DIFFERENCE!

Join Mercy Maricopa Integrated Care (MMIC) for a **FREE** Adult Mental Health First Aid (MHFA) session. This 8-hour class provides an overview of mental illness and substance use disorders to help you recognize illness, refer to treatment, and de-escalate situations.

**Date / Time:** Saturday, April 29<sup>th</sup>, 8:00 am to 4:30 pm (doors open at 7:45)



**Address:** Atwood Hall, Trinity Episcopal Cathedral, 100 W. Roosevelt St, Phoenix AZ 85003

**RSVP:** To Matt Jewett, Trinity Cathedral, [mjewett76@gmail.com](mailto:mjewett76@gmail.com), 602-930-8766

**Who should attend:** No experience is necessary for this course in assisting individuals with mental health needs. Healthcare professionals are welcome, but may find the information a basic review. A safe and welcoming environment is created for sharing, learning, and growth. Your participation makes this course great!

**Course overview:** participants are introduced to key signs, symptoms and potential risk factors of basic mental health conditions, along with a 5-step action plan. This plan includes the skills, resources and knowledge to help an individual in need connect with appropriate professional, peer, social, and self-help care. Topics addressed include:

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|--|-----------------------------------|
| ✓ <b>Depressive Disorders</b>            | ✓ <b>Non-Suicidal Self-Injury</b> |
| ✓ <b>Anxiety Disorders</b>               | ✓ <b>Psychosis</b>                |
| ✓ <b>Suicidal Thoughts and Behaviors</b> | ✓ <b>Substance Use Disorders</b>  |

Participants are expected to attend the full 8 hours, participate in all activities, and complete a Mental Health First Aid Quiz in order to receive certification. Certificates will be sent via email.

The day includes a few short breaks and a **free** light lunch.

**Free Parking** is available in the garage on north side of the building.

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*MHFA is managed by the National Council for Behavioral Health and Missouri Department of Mental Health. It is endorsed by the US Substance Abuse and Mental Health Services Administration (SAMHSA).*



**TRINITY CATHEDRAL**  
*The Cathedral of the Episcopal Diocese of Arizona*