

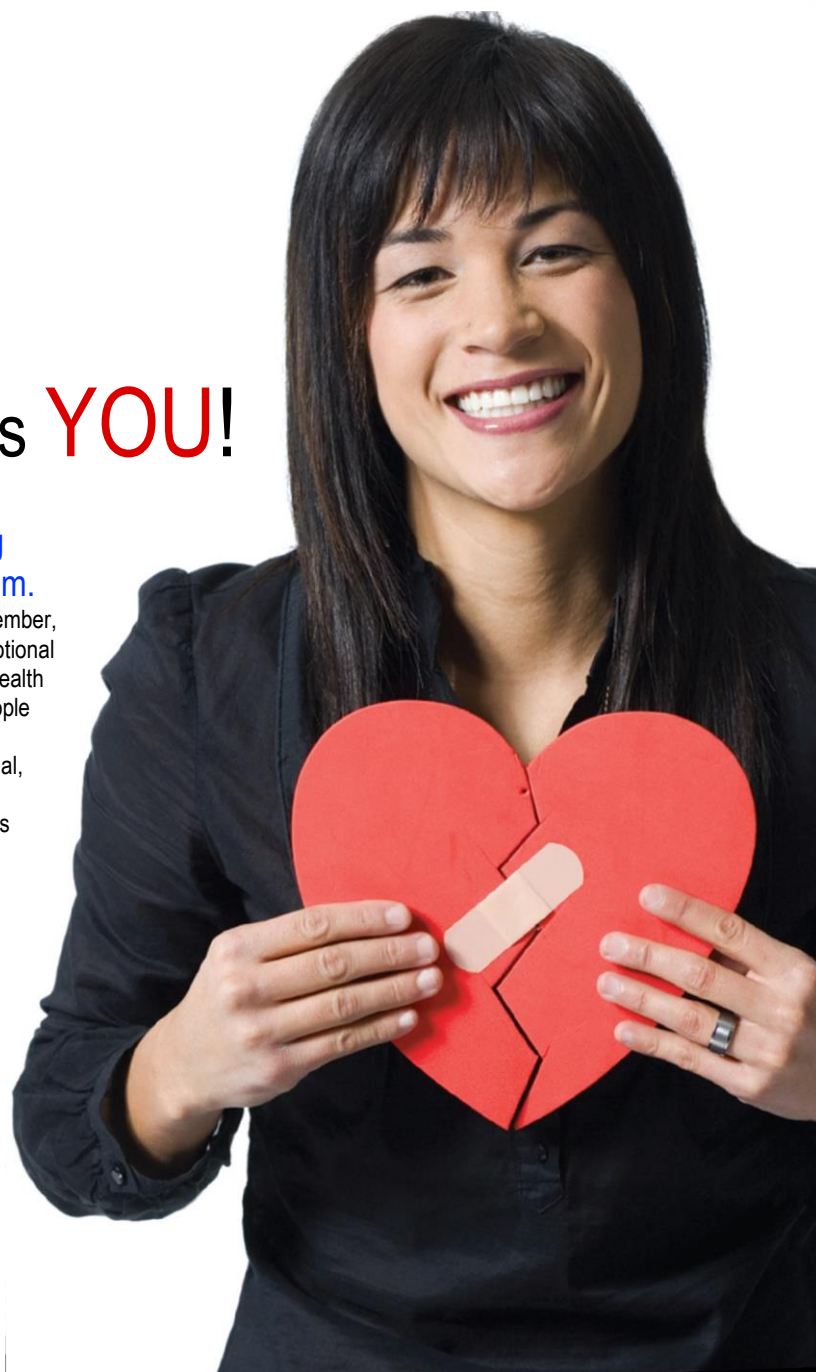
Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

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*

**Mental Health First Aid**  
**March 6th and March 13th, 2018**  
**9:00-1:00PM**  
**St Francis Residential Community**  
**122 Diamond Spring Rd, Denville NJ**  
**Club Room**

See back for registration and contact information.  
This course brought to you by Saint Clare's  
Health –Behavioral Health Services and The  
Mental Health Association of Essex and Morris

## Mental Health First Aid USA

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia.

Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP).

### COURSE DETAILS

Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis:

- ✱ **A**ssess for risk of suicide or harm
- ✱ **L**isten nonjudgmentally
- ✱ **G**ive reassurance and information
- ✱ **E**ncourage appropriate professional help
- ✱ **E**ncourage self-help and other support strategies

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. First Aiders do not take on the role of professionals — they do not diagnose or provide any counseling or therapy. Instead, the program offers concrete tools and answers key questions, like “what do I do?” and “where can someone find help?” Certified Mental Health First Aid instructors provide a list of community healthcare providers and national resources, support groups, and online tools for mental health and addictions treatment and support. All trainees receive a program manual to compliment the course material.

### PROGRAM GROWTH

Mental Health First Aid was introduced in the U.S. in 2008 and, to date, more than 100,000 people from all 50 states, the District of Columbia, and Puerto Rico have taken the course. The course is offered to a variety of audiences, including hospital staff, employers and business leaders, faith communities, and law enforcement . In 2012, a Spanish adaptation of the course was released.

In 2012, Youth Mental Health First Aid was introduced to prepare trainees to help youth ages 12-18 that may be developing or experiencing a mental health challenge. The youth course is most appropriate for adults who regularly interact with youth, such as teachers or coaches, but may also be appropriate for youth who are 16 years and older.

To find a course or contact an instructor in your area, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org).

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

# Mental Health First Aid

## 8-hour Course

Sponsored by Saint Clare's Behavioral Health and  
The Mental Health Association of Essex and Morris

Instructors: Rosaelena Klingener and Carrie Parmelee of IFSS Morris and Sussex

March 6th and March 13th 9:00-1:00PM

St Francis Residential Community  
122 Diamond Spring Rd, Denville NJ  
Club Room

REGISTRATION: \$17 Light refreshments will be provided. Please bring lunch if desired.  
Registrations and payments must be received by February 26<sup>th</sup>.

To register, please mail this completed form and payment to address below.

### Checks made payable to Saint Clare's

Ro Klingener  
Saint Clare's Behavioral Health  
50 Morris Ave  
Denville, NJ 07834

Questions? Call 973-625-7095 or email [rosaelenaklingener@primehealthcare.com](mailto:rosaelenaklingener@primehealthcare.com)

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

\_\_\_\_\_  
\_\_\_\_\_



### 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

**[RosaElenaklingener@primehealthcare.com](mailto:RosaElenaklingener@primehealthcare.com) or call  
973-625-7095**

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