

BECOME A CERTIFIED MENTAL HEALTH FIRST AIDER

DID YOU KNOW...

ONE out of every FOUR people has struggled with a mental health problem at some point in their lives. That's **more than** those affected by **heart disease, lung disease and cancer, COMBINED!**

Many people suffer alone because they don't know how or where to seek help.

But there is hope. And that hope is you.

Help break the stigma of seeking help for mental health issues.... become a certified Mental Health First Aider.

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid gives you helpful information and resources so you can offer emotional support and practical help to someone in a mental health crisis.

The interactive 8-hour course can be conducted as a one-day seminar or across multiple days to accommodate tight schedules.

You may attend one of our scheduled sessions, or we can present classes at your location.

OUR MISSION

Child & Family Center helps build a healthy Santa Clarita Valley by providing mental health, behavioral and education services to children, teens, adults and families.



**21545 Centre Pointe Parkway
Santa Clarita, CA 91350
661-259-9439**

www.childfamilycenter.org

Improving lives...one family at a time.

YOUTH MENTAL HEALTH FIRST AID



Next Class:

**January 10, 2018 9:00am - 6:00 pm at
Child & Family Center**



RECOGNIZE

Signs of a Mental Health Emergency



Warning signs for:

- Depression
- Anxiety Disorders
- Psychosis
- Substance Use Disorders
- Eating Disorders

First Aid for mental health crises:

- Suicidal thoughts and behaviors
- Self-injury
- Panic attacks
- Adults or children affected by traumatic events
- Acute psychosis
- Medical emergency from alcohol abuse
- Aggressive behavior

Who should attend?

Mental Health First Aid training is for everybody:

- Human Resource Professionals
- Hospital and health center staff
- Employers
- Faith communities
- Law enforcement first responders
- Nursing home staff
- Consumers, families
- Community leaders

LEARN

How to Help Someone in Need



Through experiential activities, gain an understanding of the impact of mental illness on individuals and families.

Learn about evidence-supported treatment, self-help strategies, and a range of professional resources available in your community.

ALGEE - A Simple 5-Step Action Plan



"ALGEE"
Mental Health First Aid
Mascot

- 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

HELP

Make an Impact on Your Community



Mental health issues affect all of us in some way, shape or form. As a Mental Health First Aider, you play a vital role in offering support that enhances the wellness of yourself and others, and makes a lasting difference in someone's life.

Goals of Mental Health First Aid

- ✚ Preserve life when a person may be a danger to self or others
- ✚ Provide help to prevent the problem from becoming more serious
- ✚ Promote and enhance recovery
- ✚ Provide comfort and support
- ✚ Help reduce the stigma of mental health