Mental Health First Aid USA

An 8-hour certification course to help communities better understand mental illness and respond to psychiatric emergencies.

Fact: You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental disorders are more common than heart disease and cancer combined.

Fact: An estimated one in four Americans have a diagnosable mental illness. Mental health crises occur frequently in your workplace, church, family, school, and community.

Fact: Mental illness accounts for 15% of the total economic burden of all disease in the United States. Untreated mental disorders cost $79 billion in lost productivity every year.

Mental Health First Aid is a unique program designed to give you the tools necessary to recognize common mental health problems, and provide you with a course of action to do something about it.

Mental Health First Aid will teach you:

- How to provide help to someone showing signs of mental illness or mental health crisis.
- A 5-step action plan to help an individual in crisis connect to professional care.
- The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, suicide and substance abuse.

June 10th, 2016 8am-5pm (for YOUTH)
Aurora Strong Resilience Center 1298 Peoria St. Aurora 80011
June 21, 2016 8-5pm (for YOUTH)
Aurora Strong Resilience Center 1298 Peoria St Aurora 80011
July 14th, 2016 8-5pm (for YOUTH)
Kucera Auditorium 791 Chamber Aurora 80011
FREE

We would like to thank the Knights of Columbus, St. Thomas More Council 10205 for their generous donation. Through their financial support we are able to offer this training to the community for free.

Snacks are provided.

Bring your lunch or visit a nearby restaurant.

Space is limited – To register, log in to www.mhfaco.org.

If you have questions or need assistance with registration, contact Monica Pressley at 303-739-1580.

Aurora Mental Health Center
www.aumhc.org

This class is delivered by certified Mental Health First Aid USA instructors.