



REGISTRATION

Adult Mental Health First Aid

Tuesday, October 31, 2017

8:00AM-5:00PM

Registration begins at 8:00AM Class begins at 8:30AM

The Salvation Army

712 South School Avenue

Lecanto, FL 34461

Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Taught by two certified instructors, Mental Health First Aid teaches about **recovery** and **resiliency** – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

Learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing panic attacks, suicidal behaviors, acute psychosis or reaction to trauma. The opportunity to practice – through role plays, scenarios, and activities – makes it easier to apply these skills in a real-life situation. **There must be a minimum of 15 participants registered in order to have the class.**

What You Learn:



Signs of addictions and mental illnesses



Impact of mental and substance use disorders



5-step action plan to assess a situation and help



Local resources and where to turn for help

8 Hour Course Includes: Workbook, Certificate, CEUs

Cost: FREE!

Select One: October 31 (adult)

Register now online <http://antidrugcitrus.com/anti-drug-coalition-special-events.php>



For more information, please contact Renea Teaster rteaster@antidrugcitrus.com or 352-601-6620, or Marina Sanchez at Marina@befreelake.org or 352-383-2099.

LUNCH WILL BE PROVIDED