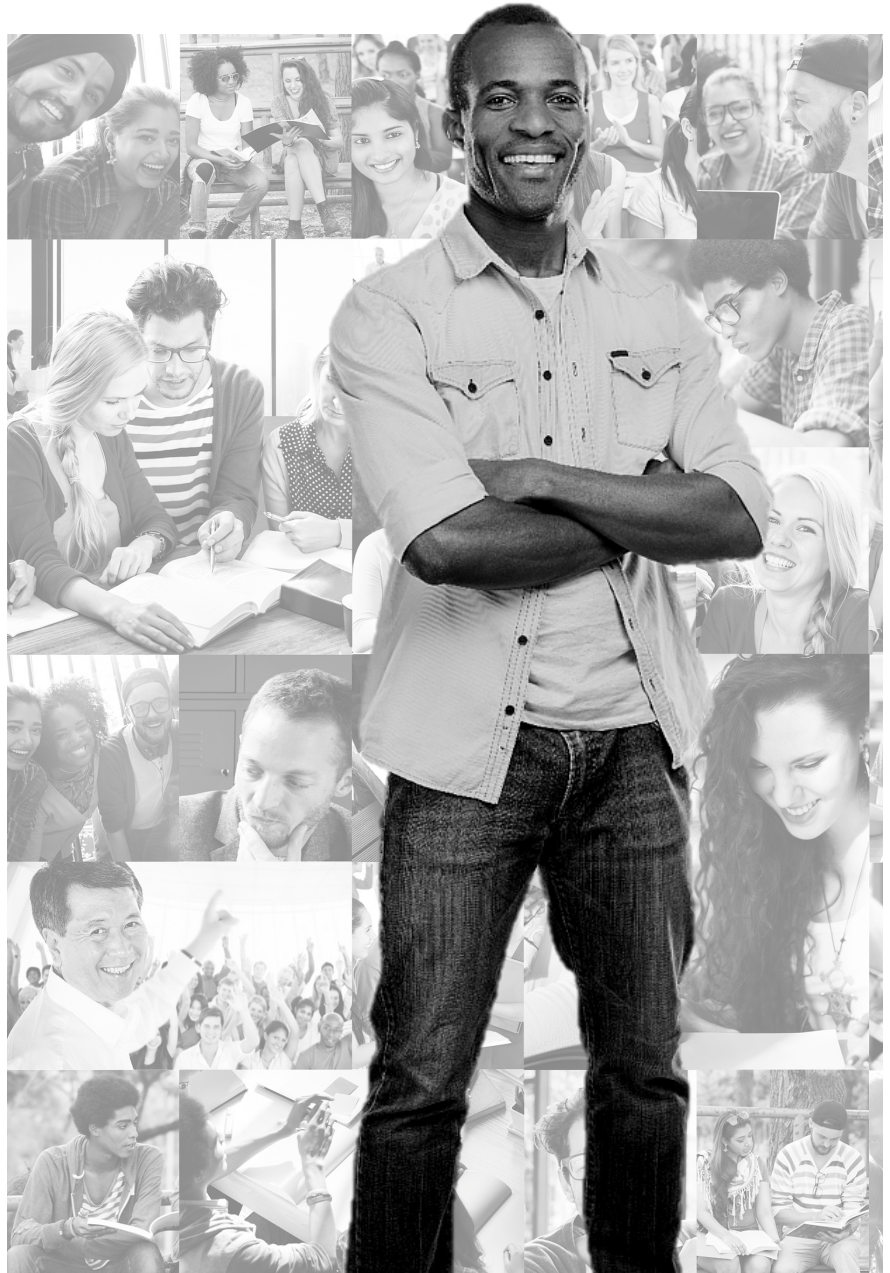


# Mental Health First Aid

Join the movement.

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**.



A person you know could be experiencing a mental health or substance use problem.

**Learn an action plan to help.**

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.

Take a course. Save a life.  
**Strengthen your community.**

For more information, visit

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

**Overview:**

Mental Health First Aid Training, December 18th at Cottage Hospital from 8:30 am to 5:00 pm. This is a one day, 8-hour training presented by Mental Health First Aid Trainers Annette Carbonneau from the North Country Health Consortium and Chris Slater and Jen Jackes from Genesis Behavioral Health.

This is an evidence-based curriculum to improve skills and increase confidence in identifying and helping someone who is developing a mental health problem or experiencing a mental health crisis; and to decrease the stigmatizing attitudes, with the end goal of improving patient outcomes.

**Target Audience:**

This training is designed for everyone from clinical providers and front-line staff to community health workers and volunteers.

**Training Logistics**

There is no cost to attend this 8-hour training. Participants will receive a comprehensive workbook to complement training.

Snacks and beverages will be provided, however, lunch will be on your own. A 30-minute window will be provided for lunch, so it is advised to bring a lunch due to limited local options.

**Space is limited for this training- early registration is advised. Deadline: Dec. 14!**

**Learning Objectives:**

1. Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
2. Recall the 5-step action plan to help an individual in crisis connect with appropriate professional help.
3. Interpret the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
4. Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.
5. Identify personal biases to facilitate better outcomes when assisting individuals experiencing mental health symptoms.

**Continuing Education:****Nurses:**

North Country Health Consortium/NNH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.

**Providers:**

The North Country Health Consortium/NNH AHEC is accredited by the NH Medical Society to provide continuing medical education for physicians. The North Country Health Consortium/NNH AHEC designates this live activity for a maximum of **8 AMA PRA Category 1 Credit(s)<sup>TM</sup>**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.