



# MENTAL HEALTH FIRST AID



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

**You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. The Mental Health First Aid class 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 care. Mental Health First Aid is for anyone – parents, neighbors, students, first responders, teachers, leaders of faith communities, human resources professionals, and caring citizens.**

**Are you interested in learning to be part of the solution?**

## Training Dates

Date/Time	Event—8 hr Course	Place	To Register, call
1/19/16	Youth Mental Health First Aid	Advocate BroMenn Medical Center	(800) 323-8622
3/7/16	Mental Health First Aid	OSF St. Joseph Medical Center	(309) 661-5151
5/5/16	Youth Mental Health First Aid	Advocate BroMenn Medical Center	(800) 323-8622
7/15/16	Mental Health First Aid	OSF St. Joseph Medical Center	(309) 661-5151
9/5/16	Youth Mental Health First Aid	OSF St. Joseph Medical Center	(309) 661-5151
11/10/16	Mental Health First Aid	Advocate BroMenn Medical Center	(800) 323-8622

Mental Health First Aid courses are offered through a collaboration among the McLean County Center for Human Services, McLean County Health Department, Area Health Education Center, Women to Women Giving Circle of Illinois Prairie Community Foundation, Advocate BroMenn Medical Center, and OSF St. Joseph Medical Center.

