

Someone you know could be affected by mental health related crisis. You can help them.



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.

In anticipation of National Mental Health Awareness Month we are offering this rare Saturday course for free to the McLean County Community.

Date: Saturday, April 8, 2017 8:00am—5:00pm

Location: McLean County Health Department, 200 W Front St, Bloomington, IL

Fee: Free (includes lunch and course materials)

Grant for food and course material given by Women to Women Giving Circle of Illinois Prairie Community Foundation.

To register, please call (309) 888-5449 or email Phaedra.Morris@mcleancountyil.gov

MHFAC
MENTAL HEALTH FIRST AID COLLABORATIVE

MCLEAN COUNTY CENTER FOR HUMAN SERVICES • ILLINOIS AHEC NETWORK
MCLEAN COUNTY HEALTH DEPARTMENT • ADVOCATE BROMENN MEDICAL CENTER
ILLINOIS PRAIRIE COMMUNITY FOUNDATION • OSF ST. JOSEPH MEDICAL CENTER



Public Health
Prevent. Promote. Protect.