



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?

January						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Training Dates

1/25/19

Youth Mental Health First Aid (Content Covers Ages 12-18)
Advocate BroMenn Medical Center
(800) 323-8622

2/25/19

Mental Health First Aid
OSF St. Joseph Medical Center
(800) 661-5151

4/2/19

Youth Mental Health First Aid (Content Covers Ages 12-18)
Advocate BroMenn Medical Center
(800) 323-8622

5/9/19

Mental Health First Aid
Advocate BroMenn Medical Center
(800) 323-8622

7/29/19

Mental Health First Aid
OSF St. Joseph Medical Center
(800) 661-5151

8/9/19

Youth Mental Health First Aid (Content Covers Ages 12-18)
OSF St. Joseph Medical Center
(800) 661-5151

10/10/19

Youth Mental Health First Aid (Content Covers Ages 12-18)
Advocate BroMenn Medical Center
(800) 323-8622

11/4/19

Mental Health First Aid
OSF St. Joseph Medical Center
(800) 661-5151

**Youth Mental
Health First Aid**
(Content Covers Ages 12-18)

January 25th

**at the Advocate BroMenn
Medical Center**
(800) 323-8622