



MENTAL
HEALTH
FIRST AID

Oakland Community Health Network is Now Offering! Adult Mental Health First Aid Training

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid 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 professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course—first responders, students, teachers, leader of faith communities, human resources professionals, and caring citizens.



7 Social Work CEUs available.

Mental Health First Aid Course (Adult) – 8 hr. course

Date: October 30, 2018

8:30 a.m. – 5:00 p.m.

**Location: Auburn Hills Community Center
1827 N Squirrel Rd., Auburn Hills**

To register visit:

[http://www.oaklandchn.org/Training/Training schedule](http://www.oaklandchn.org/Training/Training%20schedule)

Or call Beth at (248) 858-1795

This training includes a participant manual

****lunch provided**

