



Elkhart County Health Department

# ADULT MENTAL HEALTH FIRST AID 2018

## COMMUNITY TRAININGS

MONDAY, APRIL 16TH  
WEDNESDAY, AUGUST 22ND  
MONDAY, OCTOBER 29TH

CLASS: 8:00AM - 4:30PM

CHECK IN: 7:45AM

### LOCATIONS:

#### APRIL & AUGUST CLASSES:

ECHD, 608 OAKLAND AVE  
ELKHART, IN 46516

#### OCTOBER CLASS:

DUNLAP BUILDING  
4230 ELKHART ROAD  
GOSHEN, IN 46528

### Cost:

COMPLIMENTARY

Thanks to  
100 Women Who Care

### FREE LUNCH

⇒ Will be provided or  
you can bring your  
own

*YOU ARE MORE LIKELY TO  
ENCOUNTER A PERSON IN AN  
EMOTIONAL OR MENTAL CRISIS  
THAN SOMEONE HAVING A  
HEART ATTACK.*

*WOULD YOU KNOW WHAT TO DO?*

### You will learn:

- ◆ The prevalence of mental illnesses in the U.S. and the emotional and economic cost.
- ◆ The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders and substance use disorders.
- ◆ A 5-step action plan to help an individual in crisis connect to professional care.
- ◆ Resources available to help someone with a mental health problem.

**Certification in Mental Health First Aid will be attained upon completion of 8 hour training and course evaluation.**

For additional information or to  
register, please contact certified  
Mental Health First Aid Instructor

Amanda Noland  
anoland@elkhartcounty.com

or

Barb Welty  
Health Promotion Specialist  
bwelty@elkhartcounty.com

574.523.2283



MENTAL  
HEALTH  
FIRST AID

# Mental Health First Aid

## Adult 8-hour Course



Please choose preferred training date:

**Monday, April 16th** \_\_\_\_\_ **Wednesday, August 22nd** \_\_\_\_\_ **Monday, October 29th** \_\_\_\_\_

### REGISTRATION:

Please email (bwelty@elkhartcounty.com), fax (574-523-2158) or mail completed registration form to:

Elkhart County Suicide Prevention Coalition  
Attn: Barb Welty  
608 Oakland Avenue  
Elkhart, IN 46516

**\*Name** \_\_\_\_\_

**\*Phone number, if any** \_\_\_\_\_

**\*E-mail address, if any** \_\_\_\_\_

**Occupation and employer name, if any** \_\_\_\_\_

**I will eat the lunch provided.**

**I will bring my own lunch.**

**(Please check one.)**

**Brief description of why you're enrolling in the course:** (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

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### **\*Required information**



ALGEE, the Mental Health Action Plan

Assess for risk of suicide or harm  
Listen nonjudgmentally  
Give reassurance and information  
Encourage appropriate professional help  
Encourage self-help and other support strategies

Questions? Contact  
bwelty@elkhartcounty.com  
or call 574-523-2283.

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.