



Elkhart County Health Department

ADULT MENTAL HEALTH FIRST AID 2019

COMMUNITY TRAININGS

*YOU ARE MORE LIKELY TO
ENCOUNTER A PERSON IN AN
EMOTIONAL OR MENTAL HEALTH
CRISIS THAN SOMEONE HAVING
A HEART ATTACK.
WOULD YOU KNOW WHAT TO DO?*

MONDAY, APRIL 15TH
WEDNESDAY, AUGUST 21ST
TUESDAY, NOVEMBER 12TH

CLASS: 8:00AM - 4:30PM

CHECK IN: 7:45AM

LOCATION:

ELKHART COUNTY
HEALTH DEPARTMENT
608 OAKLAND AVE
ELKHART, IN 46516

Cost: \$10

MHFA training is worth
\$170.

Registration is
required. Please
register at
www.eventbrite.com.

LUNCH

⇒ Lunch is included.

⇒ Please bring your
own lunch if you
require dietary
restrictions.

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, 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 the 8-hour training and course evaluation.

For additional information, please contact

Certified

Mental Health First Aid Instructors:

Amanda Noland, MA
anoland@elkhartcounty.com

or

Barb Welty
Health Promotion Specialist
bwelty@elkhartcounty.com

574.523.2283



MENTAL
HEALTH
FIRST AID