



Elkhart County Health Department

MENTAL HEALTH FIRST AID TRAINING 2016

MAY 11TH
OR
AUGUST 4TH
OR
NOVEMBER 16TH

CLASS: 8:00AM - 4:30PM
CHECK IN: 7:45AM

LOCATION:
ECHD, 608 OAKLAND AVE
ELKHART, IN 46516

Cost: \$30

Please make checks
payable to: Elkhart
County Suicide
Prevention Coalition

LUNCH

⇒ Subway Box lunch
included.

*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**

Barb Welty

Health Promotion Specialist

bwelty@elkhartcounty.com

574.523.2283



**MENTAL
HEALTH
FIRST AID**

Mental Health First Aid

Adult 8-hour Course



MENTAL
HEALTH
FIRST AID

CIRCLE 2016 training date:

May 11th

Aug 4th

Nov 16th

REGISTRATION: Please return the completed form and \$30.00 check to

**Please make check payable to Elkhart County Suicide
Prevention Coalition (ECSPC)**

Mail: Elkhart County Health Department
Attn: Barb Welty
608 Oakland Avenue
Elkhart, IN 46516

Please note that refunds will not be given, but credit for an upcoming class will be offered.

***Name** _____

***Phone number, if any** _____

***E-mail address, if any** _____

Occupation and employer name, if any _____

***Lunch (ham, turkey or veggie)** _____

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)

***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.