



# Mental Health First Aid USA



An 8-hour certification course to help communities better understand mental illness and respond to psychiatric emergencies.

## Mental Health First Aid 8-hour Course

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)

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 age 18 or older can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

**Tuesday, July 18th, 2017**

**Course starts 8:00 am-5:30 pm. The course is \$25 due at enrollment.**

Course is held at:

**Pittsburg Fire Department  
911 West 4th Street  
Pittsburg, Ks 66762**

Questions? Call 620-231-5130 Amy Glines

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To register, please email the information below to [aglines@cmhccc.org](mailto:aglines@cmhccc.org).

If you do not have access to email, mail this completed form and \$25 payment to:

CMHCCC  
attn: Amy Glines  
911 E. Centennial  
Pittsburg, Ks 66762

**Tuesday, July 18th, 2017**

Name \_\_\_\_\_

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

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

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

**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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