Mental Health First Aid: Community Training

18% of Americans suffer from Anxiety Disorder—Would you recognize the signs; know how to help? Did you know - You are more likely to encounter someone experiencing an emotional crisis over a heart attack.

Find out what you can do - Mental Health First Aid is a ground breaking national education program that helps the public identify, understand and respond to signs of mental illnesses and substance use disorders.

Who can benefit from the training? Parents, health/human service providers, educators, members of the faith communities, police -people who care or who work with the public.

Trainees completing the 12hr. Program become certified in Mental Health First Aid. You will learn: the warning signs of the most common mental health problems that Americans face, a 5-step action plan to help individuals in crisis connect to professional care, and much more.

Training will be held at:
VNA Assisted Living Community
259 Lowell St.
Somerville, MA 02144
3rd floor Community Room

Saturday November 5th
9am—3pm
Monday and Wednesday
Evenings
November 7th & 9th
6—9 pm

A light breakfast and lunch will be provided on Nov. 5th. Light dinner will be provided on Nov 7th & 9th.

Cost: $30 donation suggested

Register by: October 25, 2011

Contact: Patty Contente:
617.625.6600 ext. 4325
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This program is offered by the Somerville Health Department, Office of Prevention's Committee on Suicide Prevention and Mental Health and Trauma Response Network. Donation will help sustain our ability to continue to offer this training and other programs in efforts to reduce stigma and promote positive mental health.