

Mental Health First Aid

Join the movement.

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**.

MARCH 22, 2017

8:30am to 4:30pm

Southern Virginia Community College

800 Bruce St

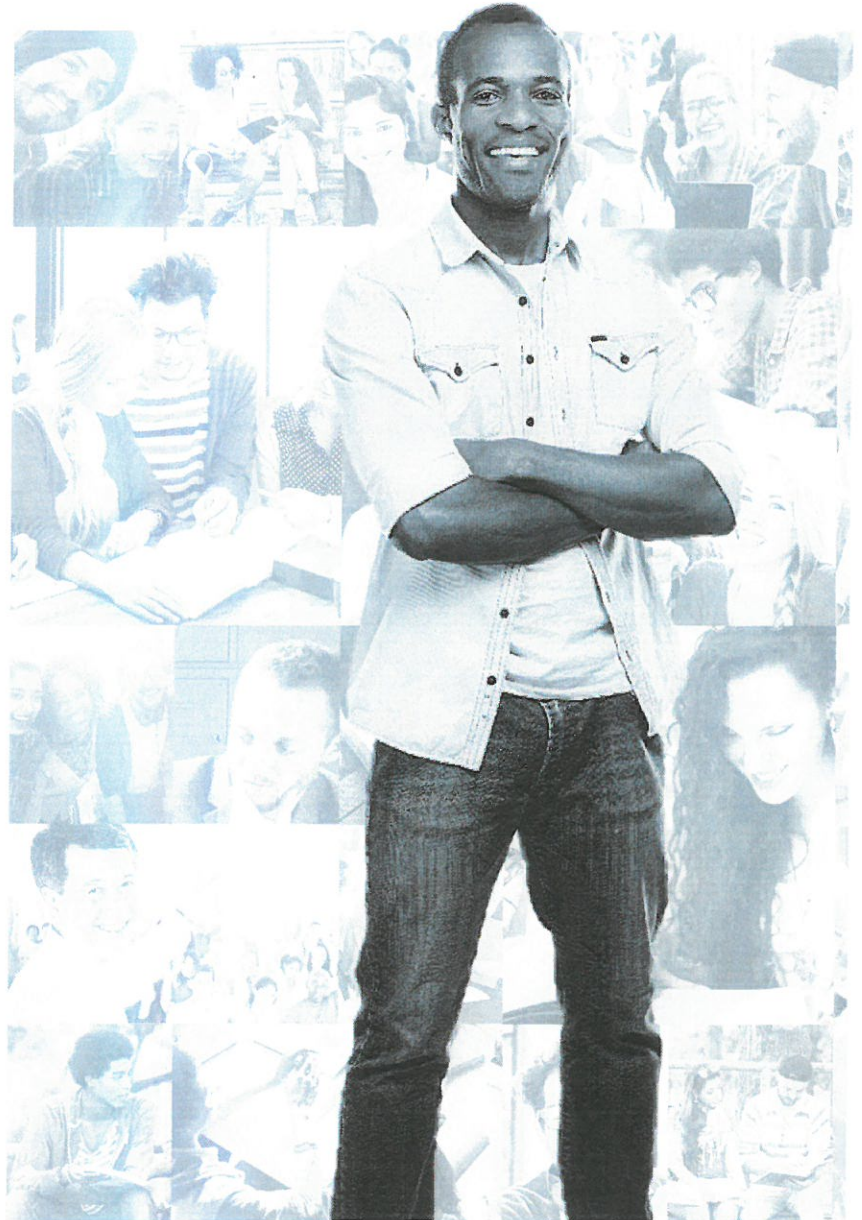
South Boston, VA 24592

REGISTER AT: kchandler@sscsb.org

A person you know could be experiencing a mental health or substance use problem.

Learn an action plan to help.

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.



Take a course. Save a life.
Strengthen your community.

For more information, visit
www.MentalHealthFirstAid.org

What is Mental Health First Aid?

Mental Health First Aid is a training program that teaches members of the public how to help a person developing a mental health problem (including a substance use problem), experiencing a worsening of an existing mental health problem or in a mental health crisis.

Like traditional first aid, Mental Health First Aid does not teach people to treat or diagnose mental health or substance use conditions. Instead the training teaches people how to offer initial support until appropriate professional help is received or until the crisis resolves.



ALGE, the Mental Health First Aid 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



Southside Community Services

The power of Self. The power of Support.

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YOUTH MENTAL HEALTH FIRST AID USA

FOR ADULTS ASSISTING YOUNG PEOPLE

MENTAL HEALTH FIRST AID USA

NATIONAL

Prevent mental illness

Help in a crisis

Promote wellness



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