

Oakland Community Health Network is Now Offering! Adult Mental Health First Aid Training

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

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

7 Social Work CEUs available.



Mental Health First Aid Course (Adult) – 8 hr. course
November 9, 2018, 8:30 a.m. - 5:00 p.m.
OCHN Resource and Crisis Center
1200 N. Telegraph Rd., 32 East, Pontiac, MI 48341

To register visit: [http://www.oaklandchn.org/Training/Training schedule](http://www.oaklandchn.org/Training/Training%20schedule)

or call Beth at 248-858-1795

This training includes a participant manual and lunch is provided.

