



MENTAL  
HEALTH  
FIRST AID

# 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.



**Mental Health First Aid Course (Adult) – 8 hr. course  
8:30 am – 5:00 pm**

**This training includes a participant manual**

*Location: OCHN - 5505 Corporate Dr., Troy MI 48098  
Date: 6/8/18*

**To register visit: <http://www.oaklandchn.org/>  
\*\*lunch provided**



Developmental Disabilities • Mental Health • Substance Recovery