

You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Would you know what to do?

Mental Health First Aid Training

Save lives and build stronger communities.



MENTAL HEALTH FIRST AID

Monday, October 22, 2012 9am-5pm

Tuesday October 23, 2012 9am-4pm

Sign in 8:30-9:00am each morning

First United Methodist Church

2941 S Koke Mill Road

Springfield, IL 62711

****Limited to the first 30 participants****

Cost: \$75 (for DBSA chapter participants)/ \$95 (for general public)

Lunch on your own

Certification in Mental Health First Aid will be attained upon completion of 12-hour training and course evaluation.

Contact: Lisa Goodale @ 800-826-3632 x 155 or training@DBSAlliance.org

Register online: www.DBSAlliance.org/MHFAOctober

You will learn:

- ❖ The prevalence of mental illnesses in the U.S. and their emotional and economic cost.
- ❖ The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders, and substance use disorders.
- ❖ A 5-step action plan to help an individual in crisis connect to professional care.
- ❖ Resources available to help someone with a mental health problem.



Depression and Bipolar
Support Alliance
Central Illinois

**MHFA training is being brought to you by DBSA
and DBSA Central Illinois.**



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