

***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**

Wednesday June 6, 2012 9am-5pm

Thursday June 7, 2012 9am-4pm

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

University of Illinois – School of Social Work  
1010 W. Nevada St., Second Floor  
Urbana, IL 61801

**\*\*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](mailto:training@DBSAlliance.org)

**Register online:** [www.DBSAAlliance.org/MHFAJune](http://www.DBSAAlliance.org/MHFAJune)

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**