

MENTAL HEALTH *FIRST AID*

Have you ever encountered someone in a mental health crisis? Would you know what to do?

You may know CPR or the Heimlich maneuver. You can call 911. But, would you know how to administer first aid in a mental health crisis? Could you recognize suicidal thoughts or behaviors?

This 8-hour course is taught by certified "Mental Health First Aid USA" instructors. You will learn to recognize the signs and symptoms of anxiety, depression, substance use disorders and psychosis. You will also learn what to do until appropriate professionals and other help can begin.

LEARN THIS FOR YOURSELF. BRING IT TO YOUR COMMUNITY.

Mental Health First Aid introduces participants to risk factors and warning signs of mental illnesses, builds understanding, and looks at common supports.

- *Learn to help break down the stigma associated with mental illness like anxiety, depression, post-traumatic stress disorder (PTSD), schizophrenia, bipolar disorder, and substance use disorders.*
- *Discuss the specific risk factors faced by many service members and their families such as trauma, both mental and physical, stress, separation, etc.*

ACTION PLAN

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies



Contact Andrea Smith to schedule a training at 313-344-9099 x3227 or asmith1@dwihn.org



800-241-4949