



MENTAL HEALTH FIRST AID

WHAT IS IT?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. The 8-hour training gives adults the skills they need to reach out and provide initial support to the person developing a mental health or substance use problem and help connect them to the appropriate care.

WHO SHOULD TAKE IT?

- ✓ Employers
- ✓ School Staff
- ✓ Faith Leaders
- ✓ Community Members
- ✓ HR Staff
- ✓ Parents
- ✓ Supervisors
- ✓ Police Officers
- ✓ Hospital Staff
- ✓ First Responders

COST & LOCATION

\$22*

Bullhook Community Health Center

521 4th Street Havre, MT

Please call Deidre at 395-6907 to register!

**Scholarships may be available, if you cannot afford the fee. Please ask when you register.*

On average, there are

123

SUICIDES A DAY

American Foundation for Suicide Prevention

WHAT IT COVERS

- ✓ Common signs and symptoms of mental illness
- ✓ Common signs and symptoms of substance abuse
- ✓ How to interact with a person in crisis
- ✓ How to connect the person with help

TRAINING DATES:

03/29/19 (Adult)
04/05/19 (Youth*)
05/17/19 (Adult)
05/31/19 (Youth*)
09/20/19 (Adult)
09/27/19 (Youth*)

**Mental Health First Aid Youth is for those individuals that work with youth on a daily basis.*



MENTAL
HEALTH
FIRST AID®



BULLHOOK
Community Health Center
WWW.BULLHOOK.COM

