

Mental Health First Aid

Sometimes, first aid isn't a bandage, or CPR, or the Heimlich, or calling 911.

Sometimes, first aid is **YOU!**

Anyone you know could be experiencing a mental health challenge or crisis. You can help.

You are more likely to encounter someone - student, friend, family member, 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 someone showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care.

This NO COST* course teaches participants the risk factors and warning signs of a variety of mental health challenges .

Participants **do not** learn to diagnose, nor how to provide any therapy or counseling - rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- * Assess for risk of suicide or harm
- * Listen non judgmentally
- * Give reassurance and information
- * Encourage appropriate professional help
- * Encourage self-help and other support strategies



Sometimes, the best first aid is YOU. Take the course, save a life, strengthen our community.

****Chenango Health Network has upcoming Adult and Youth Mental Health First Aid Courses, call for details so we can get you enrolled into the right training for you.**

CHENANGO & DELAWARE COUNTIES VIRTUAL TRAININGS

February

10th & 18th

March

2nd, 9th, 11th, 16th, 22nd & 24th

2 HOUR, SELF PACED, PRE-WORK MUST BE COMPLETED ALONG WITH YOUR CHOICE OF 5 HOUR VIRTUAL TRAINING IN ORDER TO RECEIVE CERTIFICATE. *INCLUDES 1/2 BREAK

Register By Phone or Email:

Chris Paul

607-337-4331

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or

Jamie Hagenbuch

607-336-2631

jamie@chenangohealth.org

**This course is valued at \$ 170 per participant Through funding assistance we are able to provide this training at no cost
Mental Health First Aid is included on SAMHSA's National Registry of Evidence-Based Programs and Practices.*



Do it for you!



YOUTH
MENTAL
HEALTH
FIRST AID®



CHENANGO HEALTH NETWORK