If you saw someone struggling, would you know how to help?
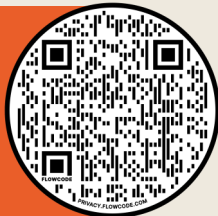
Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

FREE 8-hour class. Both full and half-day sessions are available!

Classes are held at St. Clair County Community Mental Health

3111 Electric Avenue Port Huron, MI 48060

Use the link below or scan the QR code to view the class schedule, register for an upcoming session, and to learn more about Mental Health First Aid.

www.scccmh.org/education-outreach/mhfa/

Questions? Contact Adrienne Luckenbacher at aluckenbacher@scccmh.org or (810) 966-3531

One in five Americans have a mental illness and many are reluctant to seek or may not know where to find help. **Mental Health First Aid (MHFA)** helps to start the conversation about mental health and substance use by teaching people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge. The evidence shows that MHFA builds mental health literacy and reduces the fear or hesitation to take action.

Mental Health First Aid:

- Decreases mental illness and substance use stigma.

- Gives people an Action Plan to identify and respond to signs and symptoms of mental health and substance use challenges, including suicide.

- Increases mental health literacy.

- Increases confidence to provide strategies to help someone in both crisis and non-crisis situations, and knowledge of where to turn for help.

- Offers a safe place for participants to discuss their experiences.

- Teaches participants how to assess for suicide and refer to care.

Mental Health First Aid classes may be eligible for continuing education credits; inquire when registering. Training are free for those who live or work in St. Clair County. All others are welcome to attend for a $20.00 fee. Must be 18 years or older.

St. Clair County Community Mental Health is an approved provider with the Michigan Social Work Continuing Education Collaborative. The approved provider number is: MICEC-0054.

www.mentalhealthfirstaid.org

St. Clair County Community Mental Health
Promoting Discovery & Recovery Opportunities for Healthy Minds & Bodies

www.scccmh.org