



Mental Health First Aid

8-hour Course

Sponsored by

Lapeer County Community Mental Health

Available Training Dates

- April 19th 8:00 a.m. – 5:00 p.m.
- June 14th 8:00 a.m. – 5:00 p.m.
- August 16th 8:00 a.m. – 5:00 p.m.
- May 17th 8:00 a.m. – 5:00 p.m.
- July 19th 8:00 a.m. – 5:00 p.m.
- September 20th, 8:00 a.m. – 5:00 p.m.

Please check in the box for the training you wish to attend. For other dates and times, please check our website, sometimes we can design a special class to meet your group's needs.

Location: Lapeer County CMH 1570 Suncrest Drive, Lapeer, Mi. 48446

Questions? Contact Sue Clement at: mentalhealthfirstaid@lapeercmh.org

REGISTRATION: Please print and complete this form. Mail to:

Lapeer County Community Mental Health
1570 Suncrest Dr.,
Lapeer, Mi. 48446 attn.: Sue Clement

Free Registration for a limited time only!

Free workbooks are included at no charge, a donation to cover the cost of the book is suggested.

Name _____

Phone number _____

Address _____

E-mail address _____

Occupation and employer name _____

Brief description of why you're taking the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)



ALGEE, the Mental Health First Aid Action Plan

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

Questions? Contact: mentalhealthfirstaid@lapeercmh.org or call 810-667-0500.

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

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

Sometimes, first aid is **YOU!**

Someone you know could be experiencing
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, 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 people with the signs and symptoms of a mental illness or in a crisis including thinking about suicide, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals and caring citizens.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen
your community.

Classes are scheduled now.
Go to www.lapeercmh.org to register,
Print out the registration online or on the
back of this form and return it completed to:
Lapeer County Community Mental Health
1570 Suncrest Dr.
Lapeer, Mi. 48446



Mental Health First Aid

Check our webpage for scheduled classes
coming soon: www.lapeercmh.org

Free registration (for a limited time) includes the instruction
book, donations suggested.

This course brought to you by

Lapeer County Community Mental Health

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