

Oakland Community Health Network is Now Offering! Adult Mental Health First Aid Training

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

Sometimes, first aid is YOU!

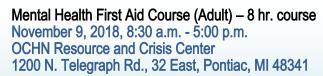
Someone you know could be experiencing a mental illness or crisis. You can help them.

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, 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, leader of faith communities, human resources professionals, and caring citizens.

7 Social Work CEUs available.



To register visit: http://www.oaklandchn.org/Training/Training schedule

or call Beth at 248-858-1795

This training includes a participant manual and lunch is provided.



