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An Adult Mental Health First Aid Class

Contact *Nancy Castillo, M.S.*
Prevention Coordinator
Marion County Children's Alliance
352-438-5992
nancy@mcchildrensalliance.org

Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

Taught by two certified instructors, Mental Health First Aid (Adult) teaches about **recovery** and **resiliency** – the belief that individuals experiencing these challenges can and do get better, and use their strengths to stay well.

Learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing panic attacks, suicidal behaviors, acute psychosis or reaction to trauma. The opportunity to practice – through role plays, scenarios, and activities – makes it easier to apply these skills in a real-life situation.

What You Learn:



Signs of addictions and mental illnesses



Impact of mental and substance use disorders



5-step action plan to assess a situation and help



Local resources and where to turn for help

8 Hour Course Includes: Workbook and Certificate of Certification

For more information, contact Nancy Castillo, Marion County Children's Alliance Prevention Coordinator at 352-438-5992 or via email nancy@mcchildrensalliance.org

