

FREE MENTAL HEALTH FIRST AID TRAINING

PROVIDED IN PARTNERSHIP BY COMMUNITY REACH CENTER
& PLATTE VALLEY MEDICAL CENTER



MENTAL
HEALTH
FIRST AID

Platte Valley Medical Center

1600 Prairie Center Parkway
Brighton, CO 80601

April 6 (Conf Rm A), **June 11** (Conf Rm A),
Sept. 4 (Conf Rm B & C) or **Oct. 29** (Conf Rm A)
8am to 5pm

Curriculum covers:

- Risk factors and warning signs of mental health problems, including suicide
- Information on depression, anxiety, trauma, psychosis, and addiction disorders
- A 5-step action plan to help someone experiencing a mental health crisis
- Resources for help — Crisis Hot Lines, professional care, peer specialists, and self-help resources

Just as CPR teaches us how to help an individual suffering from certain medical emergencies, Mental Health First Aid (MHFA) instructs us how to identify, understand and respond to those who are experiencing a behavioral health crisis. The MHFA program is an interactive training that helps individuals recognize risk factors and warning signs for a range of behavioral health problems, and teaches a five-step action plan to provide basic, yet appropriate interventions for individuals experiencing a mental health crisis.

**Join the half a million Americans who have
become certified in Mental Health First Aid!**



THE CLASS IS **FREE**, BUT REGISTRATION IS REQUIRED
Register at <http://bit.ly/2DoONkr> or call 303.853.3679.