

Mental Health First Aid Training

Presentation by Angela DiCarne Sacks, LPC and Rebecca Lee, MSS, LCSW, CCDP-D



Location: Lenape Valley Foundation
Large Meeting Room (Room 121)
500 N. West Street, Doylestown, PA

Two courses will be offered:
Dates: May 16, 2017 and June 29, 2017
Time: 8:30 am- 4:30 pm

What is Mental Health First Aid?

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illness and substance abuse.

Mental Health First Aid is offered in the form of an interactive course that presents an overview of mental illness and substance use disorder in the U.S. It introduces participants to risk factors and warning signs of mental illness, builds understanding of their impact, and gives an overview of common treatments.

INFORMATION

These trainings are free. Lunch will be provided.

TO REGISTER

Visit Lenape Valley Foundation's website at:

<http://www.lenapevf.org/educationtraining/mental-health-first-aid/>

Space is limited; please select your training date and register as soon as possible.

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

Sometimes, the best first aid is you.

Take the course, save a life, strengthen your community.

Questions? Contact Suzanne Rhodeside at 267-893-5280



ALGEE, the Mental Health First Aid Action Plan

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare.