

MENTAL HEALTH FIRST AID

Mental Health First Aid is an 8-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness. Specifically, studies found that those who trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes.

WHEN: August 11, 8am-5pm

WHERE: The Guidance Center's Outpatient Services Building,
Indigo Room, 2695 E Industrial, Flagstaff, AZ

COST: Free



MENTAL
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THE
Guidance
CENTER

**To register, or for
more information,
contact:**

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