

MENTAL HEALTH FIRST AID TRAINING ANNOUNCEMENT

WOULD YOU KNOW WHAT TO DO IN A MENTAL HEALTH CRISIS?



Mental Health First Aid (MHFA) is the initial help given to someone who may be developing a mental illness or experiencing a mental health crisis. The aid provided is not a substitute for professional help, but may help in stabilizing the person until appropriate professional or other assistance can be engaged.

This 8-hour course teaches people how to give first aid to individuals experiencing a mental health crisis situation and/or who are in the early stages of a mental health disorder. Participants learn the signs and symptoms of the most common mental health problems, where and when to get help, and what type of help has been shown to be effective.

Mental health problems covered include depression, anxiety disorders, schizophrenia, bipolar disorder, and substance use disorders. Self-injury as a symptom is also included.

Crisis situations covered include suicidal behaviors, acute stress reaction after a recent trauma, panic attack, acute psychotic behavior and drug overdose.

Seating is Limited to 30- Register Early!

1 in 5 Americans will be diagnosed with a mental health condition this year

60.7 million Americans experience a diagnosable mental disorder in a given year

More Americans suffer from depression than coronary heart disease, cancer and AIDS combined

Every 11.5 minutes someone in the US dies by suicide

Date: November 2, 2019 (Saturday) 8:30a.m-4:30 p.m

Location: 9500 Medlock Bridge Road, Johns Creek, GA 30097 (Midtown Auditorium) Enter Chapel Entrance
Cost: Free
Lunch Provided

To Register martiv@perimeter.org

A initiative for church elders, deacons, Sunday School teachers, pastors, and any person involved in leadership within a faith-based setting, school, healthcare setting, or general public.

Training provided by a grant from:



GUIDE, Inc.

Gwinnett United In Drug Education, Inc.

working together for safe and healthy communities

Statistically, 2 out of every 10 members of your church will face a mental illness or crisis in their immediate family.

One of the first places they will turn to for help is to their faith community. Do your leaders know what to do and where to get appropriate help? Just as CPR training helps a layperson with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis. Learn the signs, know where and when to get assistance, and help save a life.