

Mental Health First Aid Class - \$195 per person (includes materials)

Tuesday, June 22nd and Wednesday, June 23rd, 2021: 9am-12pm

Plus additional two-hours online before training

Location: 100% Online

Instructors: Elaine Vandenburg and Brittany Miskowiec

Registration: [BWE - Healthcare \(rctcbwe.com\)](http://BWE-Healthcare(rctcbwe.com))

Questions please contact Cassie at

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Approximately 1 in 5 Americans experience a mental health or addiction disorder each year. Do you know what to do when someone near you has a panic attack or is in crisis?



Mental Health First Aid USA is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

The course teaches:

- Risk factors and warning signs of mental health concerns
- Information on depression, anxiety, trauma, psychosis, and substance use
- A 5-step action plan to help someone developing a mental health concern or in crisis
- Available evidence-based professional, peer, and self-help resources

The 5-step action plan, ALGEE, includes:
Assess for risk of suicide or harm
Listen non-judgmentally
Give reassurance and information
Encourage appropriate professional help
Encourage self-help and other support strategies

