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THE ALASKA
TRAINING
COOPERATIVE

presents:

Mental Health First Aid

Date & Time: Friday, February 28th, 2020 from 9:00 a.m.-6:00 p.m.

Location: First Presbyterian Church (10th & G)

Description: Most people have heard of First Aid and CPR to address physical distress, but what happens when someone is exhibiting signs of emotional or mental distress? In this training, Mental Health First Aid trainees are taught how to practice and respond appropriately to mental health problems in a variety of situations, such as helping someone through a panic attack, engaging with someone who may be suicidal, or assisting an individual who has overdosed. 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 until appropriate professional help arrives.

Participants will learn:

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, eating disorders, self-injury, substance use disorders and opioid overdose, an understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care
- The evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem.

Contact: For more information about this training, contact Jill Ramsey [907-264-6228](tel:907-264-6228) or jill@alaskachd.org