

**KNOW THE SIGNS,**  
*learn the actions,*  
**& BE A** *lifeline.*

## YOU WILL LEARN:



*Potential Warning Signs  
& Risk Factors*



*5-Step Action Plan  
(ALGEE)*



*Impact of Mental Health  
& Substance Use*



*Local Community  
Resources*

## ABOUT THE COURSE

***Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis.***

Mental Health First Aid may be utilized until appropriate professional or other help, including peer and family support, can be engaged.

Youth Mental Health First Aid is primarily designed for adults who, regularly interact with young people (ages 12-18). Youth Mental Health First Aid teaches adults to help adolescents who are experiencing a mental health or addictions challenge or is in crisis.

## CONTINUING EDUCATION CREDITS

CMHA-CEI is offering up to 7.5 Continuing Education Credits for Nurses, Social Workers, and Substance Abuse Professionals. Teachers may qualify for 7.0 SCECH for a very small fee. Please inquire if you would like more information about earning the SCECH credits.

### **Nursing**

CMHA-CEI (OH -336, 3/1/2018) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

### **Social Work**

CMHA-CEI is an approved provider with the Michigan Social Work Continuing Education Collaborative.

### **Substance Abuse Professionals:**

CMHA-CEI is approved by MCBAP. Substance Abuse Professionals may receive a maximum of 7.5 "related" educational contact hours.

*Both these 8-hour courses prepare members of the public to provide Mental Health First Aid to those in need. This course is delivered by certified Mental Health First Aid USA instructors who completed a 5-day training and meet other certifications.*

**Cost: \$25.00**

(Includes one day course, MHFA manual, lunch, and CEUs - Scholarships may be available upon request to help cover the fee)

MHFA is provided in partnership with:



**AMERICAN FOUNDATION FOR  
Suicide Prevention**

### **Timeframe and Location:**

Full day training from 8:30am to 5:00pm (must attend full 8 hours to get certificate) held at CMHA-CEI's Atrium, 812 E. Jolly Road Lansing, MI 48910.

NOTE: Due to the popularity of MHFA, payment must be received by CMHA-CEI prior to the date of training. Refunds will only be made available to those individuals who request a refund at least 7 days prior to the actual training session. There is a minimum of 10 and a maximum of 30 seating limit per training. If less than 10 are registered class will be cancelled.



**Community**

MENTAL HEALTH

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## WHY TAKE MHFA?

- Mental health problems are common.
- Stigma is associated with mental health problems.
- Many people are not well informed about mental health problems.
- Professional help is not always on hand.
- People often do not know how to respond.
- People with mental health problems often do not seek help.

**BE THE #1 TO MAKE A DIFFERENCE**

## RECEIVING TRAINING

- **For training dates please visit:**  
[www.ceicmh.org/community-resources/mhfa](http://www.ceicmh.org/community-resources/mhfa)
- **To register online visit:**  
<http://mhfatrainingcmha-cei.eventbrite.com>
- **To register on the phone:**  
Contact our Prevention Secretary at 517-887-5234 for assistance.

**If you are paying by check, please send \$25 payable to "CMHA-CEI" adding in the memo line who is attending and MHFA to:**

Community Mental Health - CEI  
c/o Prevention Secretary,  
838 Louisa St. Suite B  
Lansing, MI 48911



*Once you have registered, you will receive a confirmation via email from Eventbrite. If you have questions and/or do not receive confirmation within 24 hours, please contact the Prevention Secretary at 517-887-5234 or the Training Coordinator via email at hoepfner@ceicmh.org.*

**Adult Mental Health First Aid**  
(focus is on the adult population)

**Youth Mental Health First Aid**  
(focus is on adolescents ages 12-18)



**Community**

MENTAL HEALTH  
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812 E. Jolly Road  
Lansing, MI 48910

**SAVE LIVES**  
& build  
*stronger*  
*communities*