

Adult Mental Health First Aid Training

Thursday, September 28, 2017

8am – 5pm

Herrin Hospital Heritage Building

Training Provided by: Lynne Ketchens, JD, MSW
Certified Mental Health First Aid Instructor

REGISTRATION

There is no fee to register. Space is limited. Lunch will be provided.

To register, please email the information below to fanta.saidou@sih.net or mail this completed form to:

Southern Illinois Healthcare
Attn: Community Benefits Department
1239 E. Main Street
Carbondale, IL 62901

Name _____

Phone number _____

E-mail address _____

Occupation and employer name _____

*Room location and other details will be given when you register.



ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

**Questions? Contact fanta.saidou@sih.net
or call (618) 457-5200 x. 67842.**

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

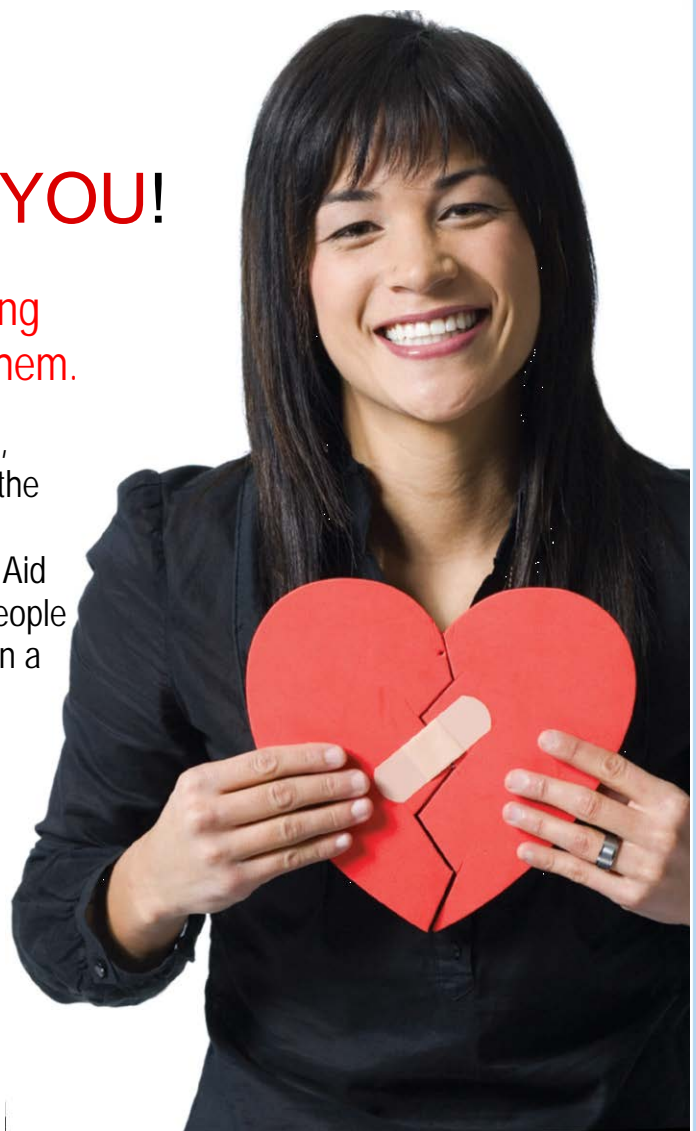
Sometimes, first aid is **YOU!**

Someone you know could be experiencing
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, co-worker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care.

Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is **YOU**.
Take the course, save a life, strengthen
your community.



Mental Health First Aid
Thursday, September 28, 2017
8:00am – 5:00pm
Herrin Hospital Heritage Building
Herrin, IL 62948



There is no fee to register.

This course is brought to you by the
Healthy Southern Illinois Delta
Network (HSIDN) www.hsidn.org