



# Mental Health First Aid

## 8-hour Course

Date:  
Friday, May 5, 2017  
8:00 am – 5:00 pm

Location:  
The WELL (sign indicates: Edge Materials Manufacturing Building)  
4215 Airpark Dr.  
Standish, MI 48658

Cost:  
\$30  
(lunch & materials included)

### REGISTRATION

Seating for this training will be limited. Please call or email in advanced to make sure that all seats are not already reserved before sending in your registration and payment. **\*\*Must RSVP by April 21, 2017.**

To register, please email the information below and promptly send payment (checks made payable to Bay-Arenac Behavioral Health) to the attention of Susan Leix sleix@babha.org. If you do not have access to email, call 989-895-2277 or mail this completed registration form to:

Bay Arenac Behavioral Health  
Attn: Susan Leix  
201 Mulholland  
Bay City, MI 48708

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

\_\_\_\_\_  
\_\_\_\_\_

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Social workers receive **8 CE contact hours and 2 SUD specific MCBAP credits** for attending the whole day training. *Social workers are required to bring their license number with them.* Participants are required to attend the whole training in order to qualify for the CE hours. Bay-Arenac Behavioral Health is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC-0024. MCBAP credits approved by the Michigan Certification Board for Addiction Professionals. Mid-State Health Network is an approved provider with the Michigan Certification Board for Addiction Professionals.

\*This course is also approved for **6.5 Society of Human Resources Management credits.**



### 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 Trisha Charbonneau-Ivey or call 989-895-2300.

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!**

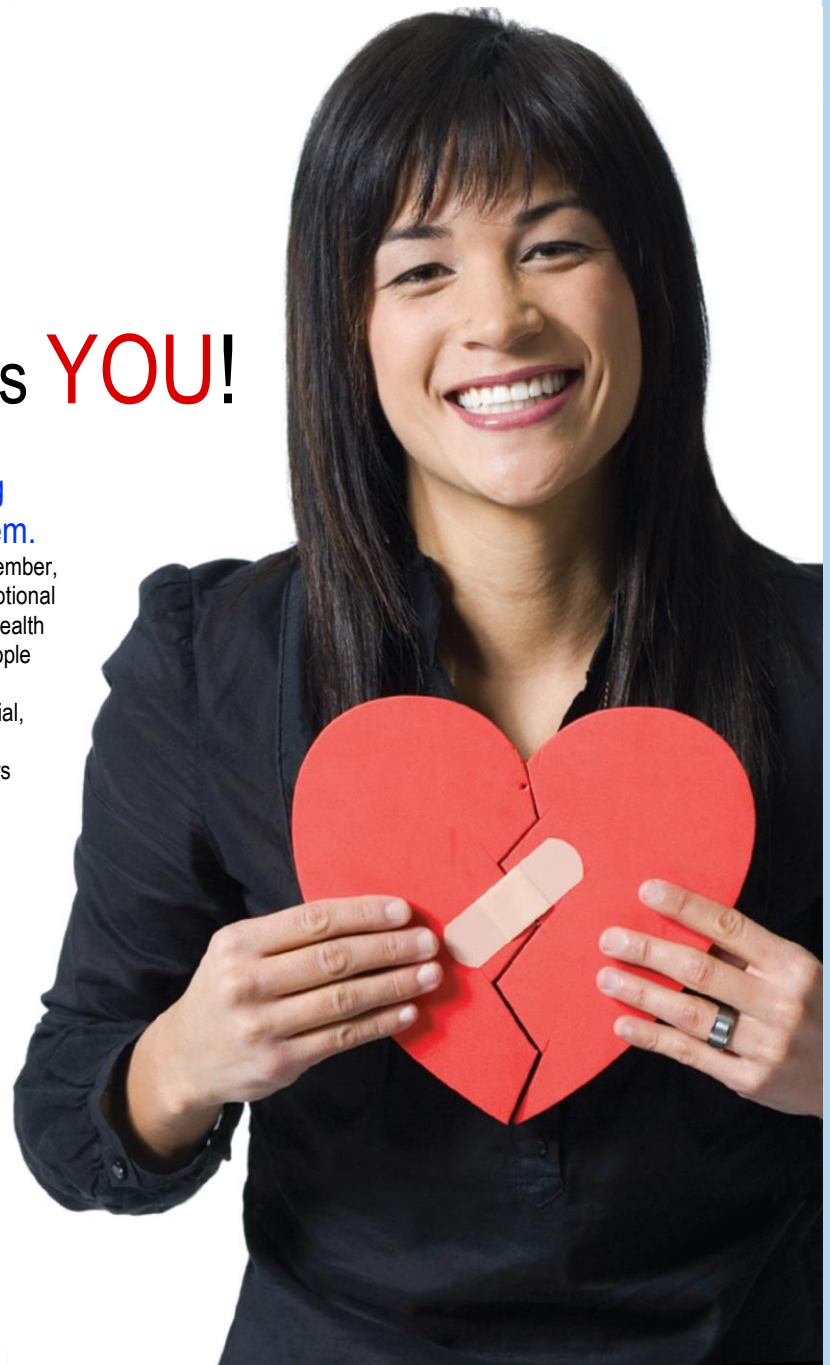
Someone you know could be experiencing  
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, 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.

**Cost: \$30, lunch and materials  
included**

**See back for registration and  
contact information**



**Mental Health First Aid**

**8:00 am – 5:00 pm on May 5, 2017**

**The WELL, 4215 Airpark Dr.  
Standish, MI 48658**

**This course is brought to you by:**

