

Mental Health First Aid



When:

May 22, 2017
8:00am-5:00pm

Where:

Helpline Center
Training Room
1000 N. West Ave
Suite 310
Sioux Falls, SD

Why should I attend?

MHFA the initial help given to someone who may be developing a mental illness or experiencing a mental health crisis. The aid provided is not a substitute for professional help, but may help in stabilizing the person until appropriate professional or other assistance can be engaged.

This 8-hour course teaches people how to give first aid to individuals experiencing a mental health crisis situation and/or who are in the early stages of a mental health disorder. Participants learn the signs and symptoms of the most common mental health problems, where and when to get help, and what type of help has been shown to be effective.

Mental health problems covered include depression, anxiety disorders, schizophrenia, bipolar disorder, and substance use disorders.

To register:

Visit:

May22MHFA.eventbrite.com
or e-mail/call

Taylor@helplinecenter.org / 605-339-4357

Training is free

Lunch will be one hour on your own



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