



## **Mental Health First Aid**

Kalamazoo Community Mental Health and Substance Abuse Services invite you to attend Mental Health First Aid 8-hour certification training. Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders.

After taking this course you will be equipped with a five-step action plan which includes the skills, resources and knowledge to assist someone who would benefit from professional, peer support or social support.

### **Details for each one-day event:**

**Time:** 8:15 – 4:30 pm (lunch included)

**Location:** 418 W. Kalamazoo, Kalamazoo MI 49007  
Conference Room A (located in the basement)

**Cost:** **\$30 per participant**

**Adult Mental Health First Aid** is appropriate for anyone 16 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem.

**Youth Mental Health First Aid** is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people.

### **To Register for a training:**

Please send completed Registration form to Julie Helmer at [jhelmer@kazoocmh.org](mailto:jhelmer@kazoocmh.org), or mail to 2030 Portage St, Kalamazoo, MI 49001 or Fax 269-364-6954 (space is limited). Any questions or concerns, please contact Julie Helmer at 269-364-6950

To Register: Please complete the following information and email Julie Helmer at the above email address to secure a spot.

**Attendant Information:**

<b>Name</b>	
<b>Title</b>	
<b>Date of Training</b>	
<b>Organization</b>	
<b>Email</b>	
<b>Daytime Phone</b>	

<b>Please list any special dietary needs you have below:</b>
<b>Please list any accommodations you may need below:</b>