

# Mental Health First Aid Training

Charlotte Behavioral Health Care



MENTAL  
HEALTH  
FIRST AID



## You Can Save a Life & Build a Stronger Community!

Mental Health First Aid is designed to teach family members, faith communities, police officers, peers, neighbors, health and human services workers, and other caring citizens how to help an adult or child who is experiencing a mental health or addictions challenge or is in crisis. Mental Health First Aid and Youth Mental Health First Aid trainings available.

### What Will I Learn?

- The prevalence of mental illnesses in the U.S. and their emotional and economic cost.
- The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders, and substance use disorders.
- A 5-step action plan to help an individual in crisis connect to professional care.
- Resources available to help someone with a mental health problem.

Mental Health First Aid has been rigorously evaluated and is proven to reduce stigma connected to mental illnesses. This program can reduce the damaging effects of mental and emotional disorders such as job loss, school dropouts, relationship issues, and drug and alcohol problems.

**Call 941-639-8300 x 2497 today to learn more or register for an upcoming class.**

