



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.

Mental Health First Aid Training

February 23-24, 2012

9 am – 4:30 pm each day

(Two-day training--must attend both days)

Lane Education Service District - 1200 Highway 99 North, Eugene

2012 Cost: \$45 per person

In this course, you will learn:

- The potential warning signs and risk factors for a range of mental health problems including depression, anxiety, trauma, psychosis, eating disorders, substance use, and self-injury
- 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.

Who should take the Mental Health First Aid Course?

This training is intended for a variety of audiences including:

- Law enforcement
- Human Resource staff
- Primary care & social service providers and staff
- School and college leadership
- Faith communities
- Friends & family of individuals with mental illness or addiction

Trainers:

*Sandy Moses, MS, CPS, Mental Health Promotion/Suicide Prevention Coordinator, Lane County
Andrew Robinson, M.Ed., Founder, People Change People*

Credit Available:

- Mental Health First Aid USA has been approved by the Society for Human Resource Management's HR Certification Institute as a pre-approved provider of 12 general Recertification Credit Hours.
- A certificate of attendance will be provided for all attendees completing the class

Space is limited. Registration deadline: February 10, 2012

To register, go to: <http://preventionlane.eventbrite.com>

Questions? Contact: Sandy Moses, Email: Sandy.Moses@co.lane.or.us ; phone: 541-682-3650

Questions about Mental Health First Aid USA? Visit their website at: www.mentalhealthfirstaid.org



Lane County Health & Human Services

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