

Mental Health First Aid

8-hour Course

NAMI Texas and Mental Healthcare Ministries of South Texas have joined together to offer this free Mental Health First Aid course to your community. Their goal is to have a great impact on the mental health communities throughout Texas. Alfrieda Leiter and Julia Egler will be key players in improving mental health literacy community wide.

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.
Sometimes, first
aid is **YOU!**

Mental Health First Aid Workshop (Adults)

Date: June 8, 2019

Time: 8:30 am – 5:30 pm (lunch included)

Location:

Guadalupe County Children's Advocacy
Center
265 Wetz
Seguin, TX 78155

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, co-worker, neighbor, or member of the community — in an emotional or mental health 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.

To register, go to the following link:

<http://www.mhm.org/calendar/workshop-conference/1870-mental-health-first-aid-workshop-adults-seguin>

or register at Eventbrite

Registration will close June 5, 2019 or until it has reached a capacity of 30.



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 Contact Alfrieda Leiter at aleiter@satx.rr.com or call (830) 534-3818.

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.