

ADULT MENTAL HEALTH FIRST AID TRAINING

MENTAL HEALTH FIRST AID

Mental Health First Aid is an international program proven to be effective. Peer-reviewed studies published in Australia, where the program originated, show that individuals trained in the program:

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Can identify multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.

Studies also show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.

When: Friday, January 16, 2026

Time: 9:00am-4:00pm CT

Lunch 12-1pm (on your own)

Where: McCook Community College- East Campus Room 230

905 East 7th Street

McCook, NE 69001

There is no registration fee to attend.

Sponsored by Region II Human Services & Mid-Plains Business & Community Education

REGISTRATION:

Please fill out the registration information below and email to shannonsell@r2hs.com

Additional questions, please contact Shannon at 308-529-0595 or at shannonsell@r2hs.com

CEU's are not available for the training, but a certificate of completion will be available after the training.

Please register by Wednesday, January 14, 2026.

Last Name: _____ First Name: _____ MI _____

Address: _____ City _____ State _____ Zip _____

Phone number _____ Email Address _____

Occupation and employer name, if applicable



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 Shannon at 308-529-0595

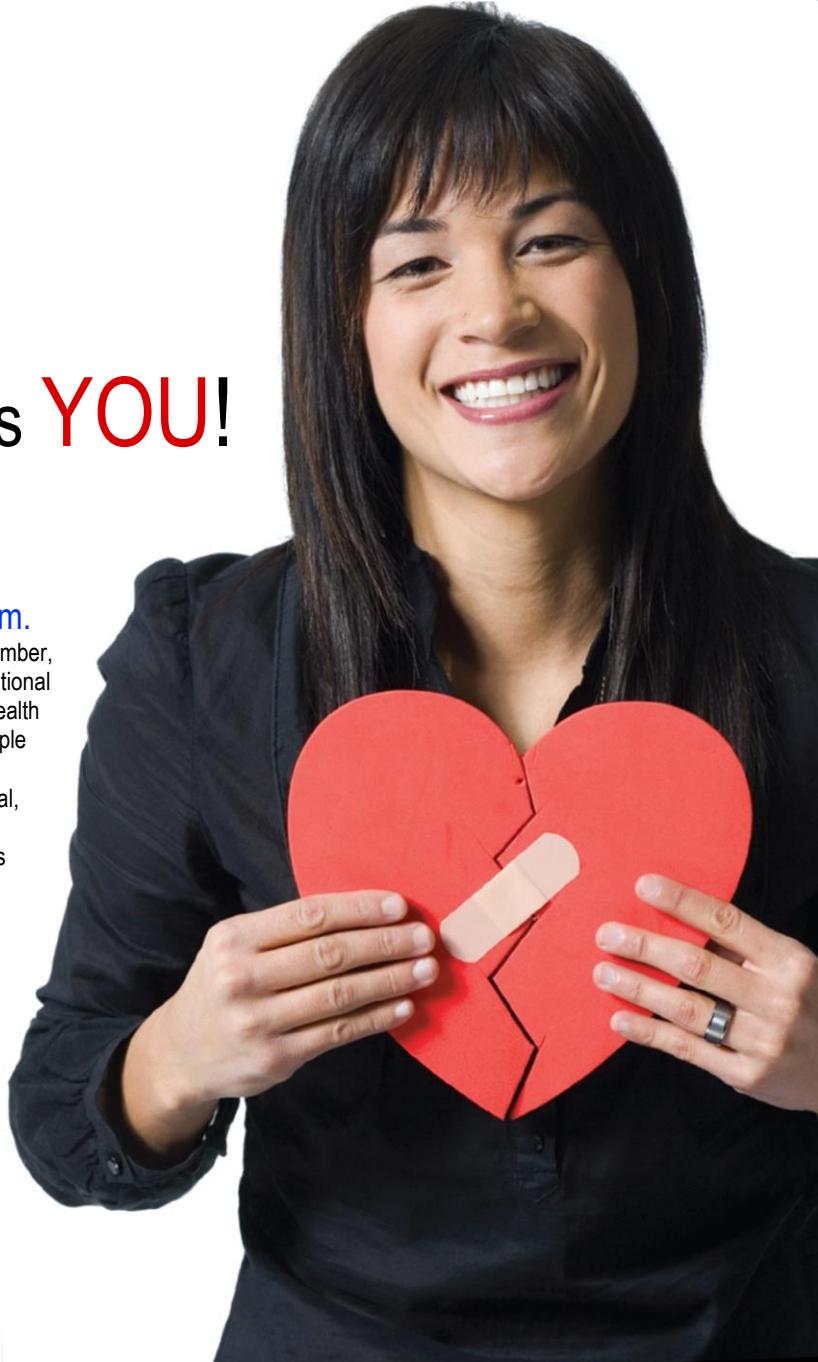
This project is funded (100%, \$5,093.00) by state dollars, contracted through the Nebraska Department of Health and Human Services, Division of Behavioral Health.

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

Sometimes, first aid is **YOU!**

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, coworker, neighbor, or member of the community — in an emotional or mental 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.



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