

## 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 7<sup>th</sup> 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](mailto:shannonsell@r2hs.com)

Additional questions, please contact Shannon at 308-529-0595 or at [shannonsell@r2hs.com](mailto: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

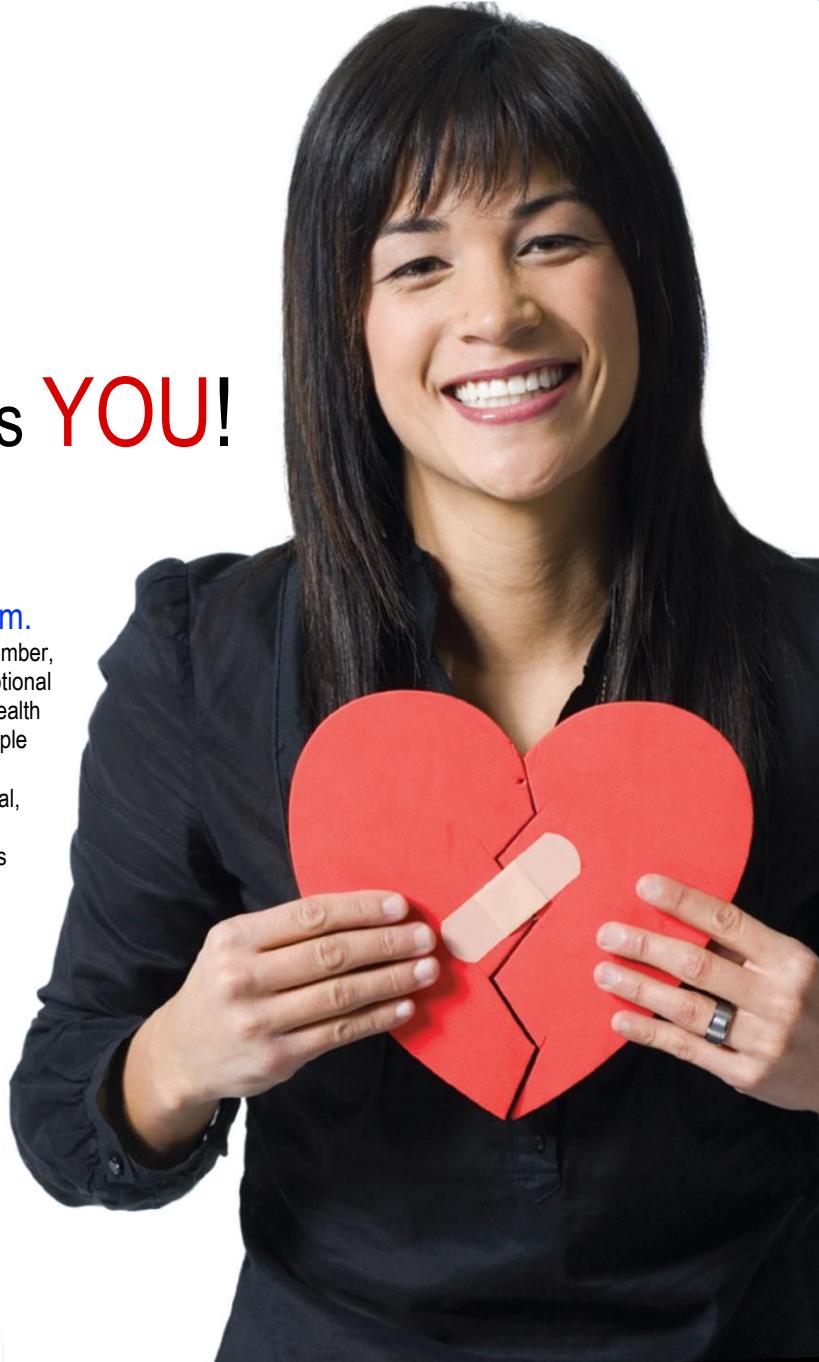
This project is funded (100%, \$5,093.00) by state dollars, contracted through the Nebraska Department of Health and Human Services, Division of Behavioral Health.

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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