



## ADULT MENTAL HEALTH FIRST AID TRAINING

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, June 30, 2023  
 Time: 9:00am-4:30pm CT  
 Lunch 12-1pm (on your own)  
 Facilitators: Michelle Kohmetscher

Where: Mid-Plains Community College- WW Wood building (North Campus)  
 1101 Halligan Dr. Room # 202  
 North Platte, NE 69101

**There is no registration fee to attend.**

Sponsored by Region II Human Services & Mid-Plains Community College

### REGISTRATION:

Please fill out the registration information below and email to [shannonsell@r2hs.com](mailto:shannonsell@r2hs.com)

Additional questions, please contact Shannon at 308-534-6029 ext. 208 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, June 28, 2023. Class size is limited.**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone number \_\_\_\_\_ Email Address \_\_\_\_\_

Occupation \_\_\_\_\_



### *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*

"This project was supported in whole or part, from state and federal funds received from the Division of Behavioral Health of the Nebraska Department of Health and Human Services."

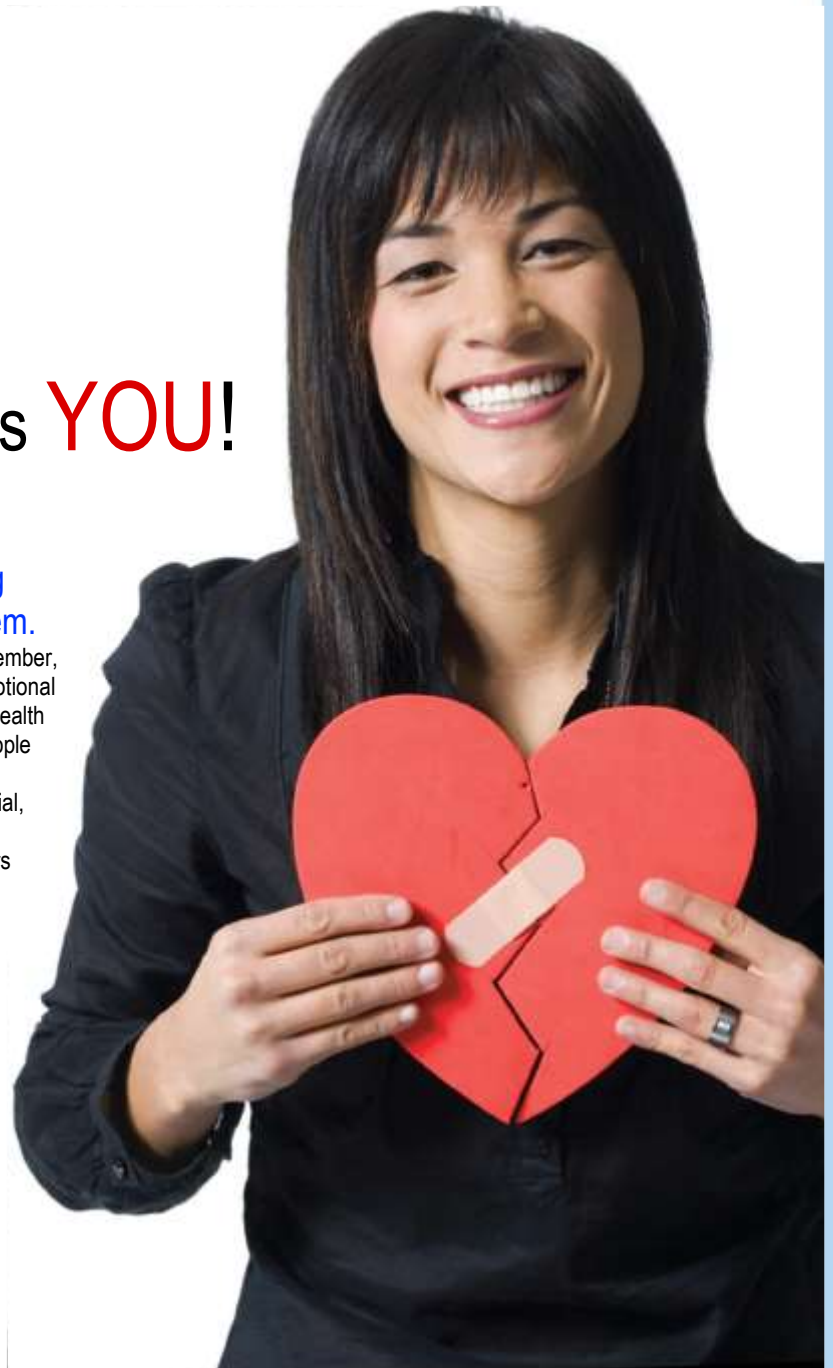
Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

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.



**ALGEE, the Mental Health First Aid Action Plan**

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