



## Mental Health First Aid for Public Safety Training

Mental Health First Aid is an international program proven to be effective. Peer-reviewed Studies published in Australia, where the program originated.

WHAT IT COVERS • Defusing crises. • Promoting mental health literacy. • Combating stigma of mental illness. • Enabling early intervention through recognition of signs and symptoms. • Connecting people to care.

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

**When: Friday, July 21, 2023**

Time: 9:00am-4:30 CST

Lunch 12-1pm (on your own)

Where: Central Community College  
1501 Plum Creek Parkway  
Lexington, NE 68850

Sponsored by Region II Human Services.  
& Central Community College, Lexington Center

### WHO CAN BE A MENTAL HEALTH FIRST AIDER?

- Law enforcement
- Corrections officers
- Other first responders
- 911 Dispatch Staff
- Human resources professionals
- Business leaders
- Nurses and other primary care workers
- School and college workers
- Faith community leaders

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

### REGISTRATION:

Please fill out the registration information below and send to Olympia Johnson at [olympiajohnson@cccneb.edu](mailto:olympiajohnson@cccneb.edu) or call **1-308-324-8480**. 23/NC AVOR 9000 CLE11.

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

**Please register by Wednesday, July 19, 2023.**

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

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

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



### 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 308-534-6029 ext 152.

"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."

Occupation and employer name \_\_\_\_\_

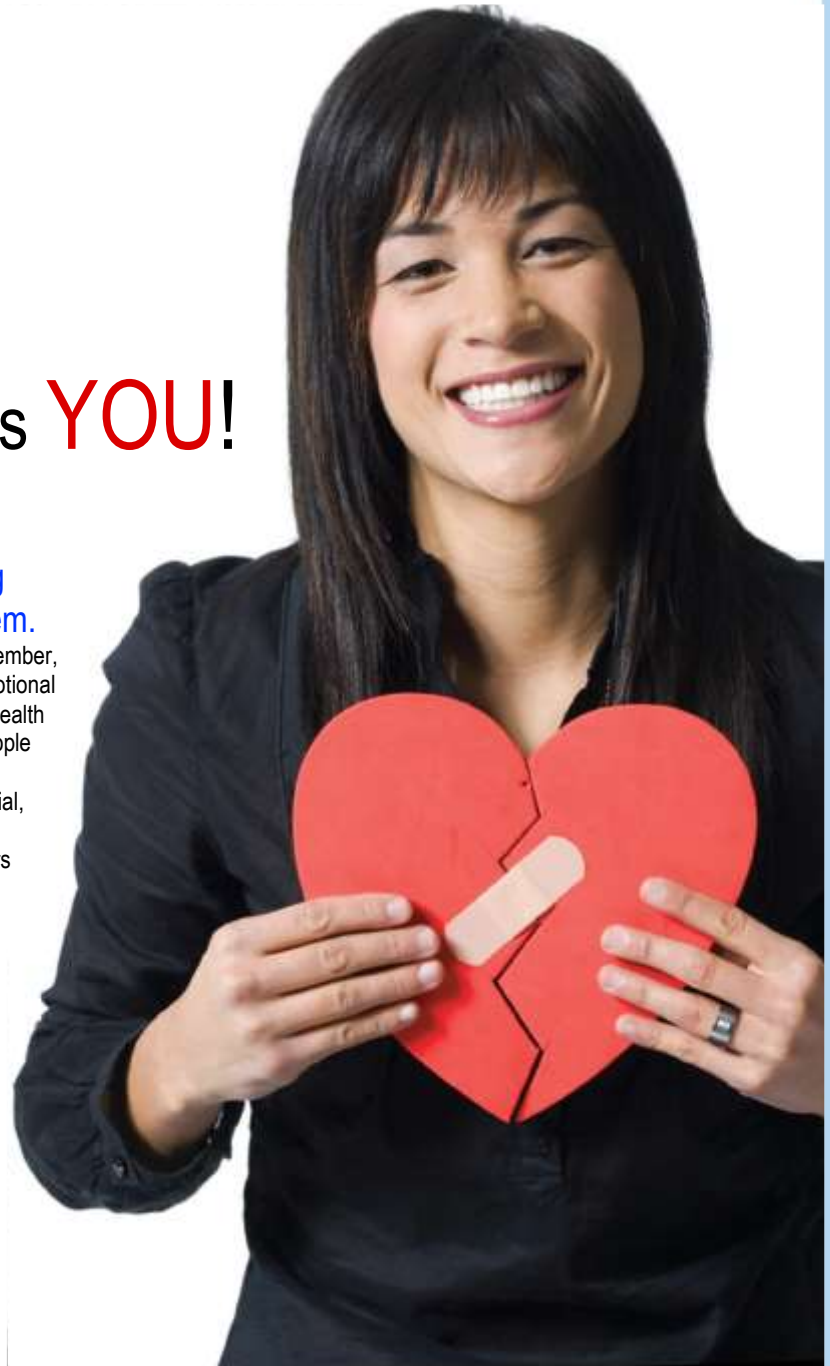
Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

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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