



MENTAL
HEALTH
FIRST AID

Mental Health First Aid Certification Course

Wednesday, November 6th

8:00 a.m. - 4:30 p.m.

Recovering Hope Treatment Center | 2031 Rowland Road | Mora, Minnesota

\$20 | 8 CEU's Offered | Pre-Register by Wednesday, October 9 | Lunch and refreshments provided.

Why Mental Health First Aid?

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** The 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and connect them to appropriate care.

Who should take the course?

Must be 18 years of age or older.

- Community Members
- First Responders
- Faith Leaders
- Coaches
- Caregivers
- Health Care Professionals
- Teachers

What it covers.

- Common signs and symptoms of mental illness and substance use.
- How to interact with a person in crisis.
- How to connect a person with help.
- NEW: How to administer naloxone in the event of an opioid overdose.

Nearly **1** in **5** U.S. adults live with a **MENTAL ILLNESS**

National Survey on Drug Use and Health and SAMSHA

From 1999 to 2016,

630,000

people died from **DRUG OVERDOSE**

Center for Disease Control

On average, there are

123

SUICIDES EACH DAY

American Foundation for Suicide Prevention

Space is limited to 25 participants

Registration can be completed by [clicking on this link](#) or contacting Patti at (320)679.6321

Kanabec County



Public Health
Prevent. Promote. Protect.



Northern Minnesota Suicide Prevention
TRIBAL-COUNTY PARTNERSHIP

This project is supported by the Minnesota Department of Human Services and the Northern MN Suicide Prevention Grant