



MENTAL HEALTH FIRST AID TRAINING

St. John Bosco Catholic Church

SATURDAY, JUNE 1 - 2019

Mental Health First Aid is an evidence-based, 8-hour training that introduces participants to risk factors & warning signs of mental health problems and specific disorders like depression, bipolar disorder, anxiety, substance use disorders, and schizophrenia. Participants learn a 5-step action plan, ALGEE, to support someone who is developing a mental disorder or experiencing a mental crisis and connect them to appropriate services and supports.

Mental Health First Aid is in the SAMSHA National Registry of Evidence-Based Programs and Practices. You can learn more about the training at www.mentalhealthfirstaid.org.

TRAINING INFORMATION

Date/Time: Saturday, June 1, 2019 / 8:00 AM – 4:30 PM *(please plan to arrive 10-15 minutes early)*

Location: St. John Bosco Catholic Church – 10508 112th Street SW, Lakewood, 98498

Instructor: Tony Cloud

Cost: FREE! Including manual, training certificate & lunch and beverages from St. John Bosco

REGISTRATION

Please register by emailing Monet Craton at monetcraton@chifranciscan.org your:

- 1) Name
- 2) Organization (where you work, volunteer, go to church, etc)
- 3) Email Address
- 4) Phone Number
- 5) "June 1 in Lakewood"

We're able to offer Mental Health First Aid training at no cost thanks to collaboration between St. John Bosco Catholic Church, CHI Franciscan's Prevent-Avert-Respond (PAR) Initiative, and the Instructor. Training is valued at \$170 per person by Mental Health First Aid USA.