

A 12-hour certification course designed to help communities
>> Better understand mental illness
>> Respond to psychiatric emergencies

Mental Health First Aid

Building mental health literacy among

- >> Parents, families, and school administrators
- >> Primary care professionals
- >> Law enforcement officers
- >> Business leaders
- >> Human resources professionals

Learn how YOU can bring Mental Health First Aid into your community.

www.MentalHealthFirstAid.org

National Council
For Community Behavioral Healthcare

High Plains Mental Health Center Brings Mental Health First Aid to Northwest Kansas

Mental Health First Aid (MHFA) is a 12-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The course teaches participants a five-step action plan that includes how to assess a situation, select and implement interventions, and secure appropriate care for the individual. The 12-hour training introduces participants to risk factors, potential causes, and warning signs for a range of mental health problems including: depression/suicide, anxiety/trauma, psychotic behavior, substance use disorders, eating disorders, and self-injury. Just as CPR training helps a layperson assist an individual following a heart attack, MHFA training helps a layperson assist someone experiencing a mental health crisis.

MHFA originated in Australia and is an evidence based public information program that has been shown to build mental health literacy by helping the public identify, understand, and respond to signs of mental illness. As a result, MHFA reduces the stigma associated with mental illness and replaces misinformation with practical knowledge.

High Plains MHC has trained several groups in MHFA and the feedback has been very positive. The participants work in such areas as emergency communications, law enforcement, EMS, court services, long-term care, human resource departments, hospitals and schools. In addition, some participants are volunteers for Community Emergency Response Teams, Senior Companions, Foster Grandparents and Ministerial Alliances. For those in need of Continuing Education Credits, certificates of attendance are available from High Plains MHC.

This training is offered free of charge to groups or agencies within the twenty counties of Northwest Kansas, but a donation to HPMHC is encouraged to help offset the cost of mileage and materials. An optional manual is also available for \$10.

For more information or to request a training, please contact:

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The National Council for Community Behavioral Healthcare is a not-for-profit, 501(c)(3) association of 1,400 behavioral healthcare organizations that provide treatment and rehabilitation for mental illnesses and addiction disorders to nearly six million adults, children and families in communities across the country. The National Council and its members bear testimony to the fact that medical, social, psychological and rehabilitation services offered in community settings help people with mental illnesses and addiction disorders recover and lead productive lives.



A Licensed Community
Mental Health Center