



# MENTAL HEALTH FIRST AID

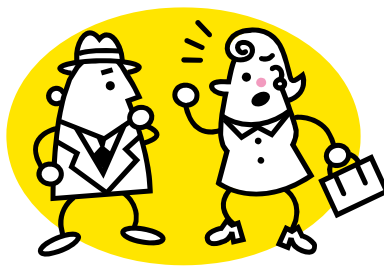
## \*\*\* TRAINING ANNOUNCEMENT \*\*\*



1 in 3 Americans will be diagnosed with a mental health condition this year

More Americans suffer from depression than  
coronary heart disease, cancer and AIDS combined

Every 16 minutes someone in the US dies by suicide



### WOULD YOU KNOW WHAT TO DO IN A MENTAL HEALTH CRISIS?

Mental Health First Aid (MHFA) is the initial help given to someone who may be developing a mental illness or experiencing a mental health crisis. *The aid provided is not a substitute for professional help*, but may help in stabilizing the person until appropriate professional or other assistance can be engaged.

This 12-hour course teaches people how to recognize and help someone who may be developing a mental health problem or experiencing a mental health or substance abuse crisis, where and when to get help, and what type of help has been shown to be effective.

January 31<sup>st</sup>, February 7<sup>th</sup> & 14<sup>th</sup>, 2012

1PM to 5PM

Disability Empowerment Center

Classroom B

**\*\*Participants must attend the full 12 hours of training in order to attain certificate of completion**

***ABIL is a fragrance free environment. Please DO NOT wear any scented products out of consideration for those with allergies and chemical sensitivities.***

To register go to <http://abilmhfa.eventbrite.com>

For assistance or to request reasonable accommodations contact  
John at 602-443-0720 or email at [johnb@abil.org](mailto:johnb@abil.org)