

ADULT-MENTAL HEALTH FIRST AID TRAINING ANNOUNCEMENT

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



**1 in 4 Americans will be
diagnosed with a mental health
condition this year**

**60.7 million Americans suffer
from a diagnosable mental
disorder in a given year**

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

**Every 16 minutes someone in the
US dies by suicide**

**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 8-hour course teaches people
how to give first aid to individuals
experiencing a mental health crisis
situation and/or who are in the early
stages of a mental health disorder.
Participants learn the signs and
symptoms of the most common
mental health problems, where and
when to get help, and what type of
help has been shown to be effective.**

When: Wednesday

June 17, 2015 from 8:30am – 5:00pm

LUNCH ON YOUR OWN!

Where:

**Mercy Regional Medical Center
1010 Three Springs
Durango, Co 81301
(Conference Room A – Garden Level)**

Cost:

**FREE of charge – includes 3-year certification
certificate and manual**

Mental health problems covered include depression, anxiety disorders, schizophrenia, bipolar disorder, and substance use disorders. Self-injury as a symptom is also included.

Crisis situations covered include suicidal behaviors, acute stress reaction after a recent trauma, panic attack, acute psychotic behavior and drug overdose.

To Register go to:

www.mhfac.org/find-a-class

Click on the Durango Co 06-17-2015 class and follow the Invitee Information

If you are having difficulty or have any questions please contact Liza Fischer at 970-335-2206 or

lfischer@axishealthsystem.org