

Arapahoe/Douglas Mental Health Network
Community Education

Mental Health First Aid



Similar to Red Cross First Aid,
Mental Health First Aid
teaches you how to assist
until help arrives.

Mental Health First Aid Workshop



This 12-hour course will help you recognize when someone is in emotional crisis or is developing a mental health problem. Learn a five-step action plan and skills to use until help arrives or the crisis is resolved.

You will learn:

- the potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders and substance abuse disorders.
- a five-step action plan to help an individual in crisis connect to professional care.
- the resources available to help someone with a mental health problem.
- how you can reduce the damaging effects of mental illness and emotional disorders such as job loss, school dropouts, relationship issues, and drug and alcohol problems.

This workshop is presented by certified Mental Health First Aid USA instructors who have completed a 5-day training and meet other certification requirements. Mental Health First Aid has been rigorously evaluated and proven to reduce the stigma connected to mental illnesses.

learn
create
inspire
imagine
become

Take the course. Save a life.
Visit [MentalHealthFirstAid.org](https://www.MentalHealthFirstAid.org) for more information.



WHEN

Tuesdays & Thursdays,
August 10, 12, 17, 19
6 p.m. – 9 p.m.
(four three-hour sessions)

LOCATION

Arapahoe/Douglas Mental Health Network
155 Inverness Drive West
Arapahoe Room, 2nd Floor
Englewood, CO 80110

COST

\$15 per individual
Includes workbook.

PRESENTERS

Jennifer Bock, LPC
Julie Hoffman, BS, CACIII

**Register now.
303 779 9676**



Arapahoe/Douglas
Mental Health Network
offers many Community
Education classes.
Please visit admhn.org.

Did you know?

You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental disorders are more common than heart disease and cancer combined.

This Community Education
program is brought to you by:



155 Inverness Drive West
Suite 200
Englewood, CO 80112
admhn.org