



MENTAL HEALTH First Aid Course

Each year, more than 1 in 5 Americans experiences a mental illness or substance use disorder!

Course Dates: March 26th or April 18th

Time: 8:00 a.m. - 5:00 p.m.

Location: Liberty, TX

Course Cost: \$75 *Lunch provided!*

Registration Deadline: 1 week prior to class

COURSE DETAILS

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders.

To find another course or contact an instructor in your area, visit:
<http://www.mentalhealthfirstaid.org/>

Registration Information

Name _____

Organization _____

Address _____

Email Address _____

Phone _____

Select which course you plan to attend:

March 26, 2019 - \$75.00

April 18, 2019 - \$75.00

Method of Payment:

Check*

Cash

*Checks need to be payable to Liberty County FCS Advisory Board.

Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or experiencing an emotional crisis:

- **A**ssess for risk of suicide or harm
- **L**isten nonjudgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

Instructor:

Alexis Cordova (936)334-3230

Lunch will be provided by Generations Café. Please indicate if you have special dietary needs below:

Special Dietary Needs: _____

My signature below confirms my attendance and payment commitment for the course selected. For questions, contact Instructor at the number above.

Signature _____

Brief Description of why you're enrolling in the course:

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