

# Mental Health First Aid Professional Development Overview

■ Presented by Riverwood Center

October 7 (Part 1) and October 14 (Part 2), 9:00 a.m. – 4:00 p.m., Mendel Center, Dance/Drama Room, F-117, Continental Breakfast and Lunch Provided

Mental Health First Aid (MHFA) was developed in Australia in 2001. Since then more than 14 countries have implemented the training. There is supporting evidence that Mental Health First Aid will become as common as CPR and First Aid and will help reduce the stigma surrounding mental health disorders.

Mental Health First Aid is help offered to a person developing a mental health problem or experiencing a mental health crisis. MHFA is given until appropriate treatment and support are received or until the crisis resolves.

MHFA is a 12-hour interactive certificate training program which discusses major depressive disorders, anxiety disorders, traumatic events, psychotic disorders, substance use disorders and eating disorders. You will learn to assess for risk of suicide or harm, listening non-judgmentally, give information and encourage appropriate help.

**RSVP Required. Please call Kathy Tebell at X6197 or Jannette Yergeau to X5266.**