

# 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

Youth Mental Health First Aid (YMHFA) 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.

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.

**When: Monday**

**January 26, 2015 from 9:00am – 5:00pm**

**LUNCH ON YOUR OWN!**

**Where:**

**Axis Health System  
281 Sawyer Drive, #100  
(large conference room)  
Durango, CO 81303**

**Cost:**

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

**You may enter the building through the side door marked conference room on the burgundy canopy**

To Register go to:

[www.mhfaco.org/find-a-class](http://www.mhfaco.org/find-a-class)

Click on the Durango Co 01-26-2015 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](mailto:lfischer@axishealthsystem.org)