



# Mental Health First Aid 8-hour Course

Youth MHFA – Monday October 1, 2018 - 8:30 to 4:30

Options for Southern Oregon  
1215 SW G Street – Multipurpose Room  
Grants Pass, OR 97526

**REGISTRATION – Cost is \$25.00 – Lunch Included**  
**Scholarships available upon inquiry**

To register, please email the information below to [awatton@optionsonline.org](mailto:awatton@optionsonline.org)  
If you do not have access to email, call (541) 244-3153 or mail this completed form to:

Options for Southern Oregon  
Attn: Angela Watton  
1181 Ramsey Ave  
Grants Pass, OR 97527

Questions? Email [awatton@optionsonline.org](mailto:awatton@optionsonline.org) or Call Angela Watton(541)244-3153

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

\_\_\_\_\_  
\_\_\_\_\_



### *ALGEE, the Mental Health First Aid Action Plan*

- 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

**Questions? Contact Angela Watton (541) 244-3153**

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



MENTAL  
HEALTH  
FIRST AID

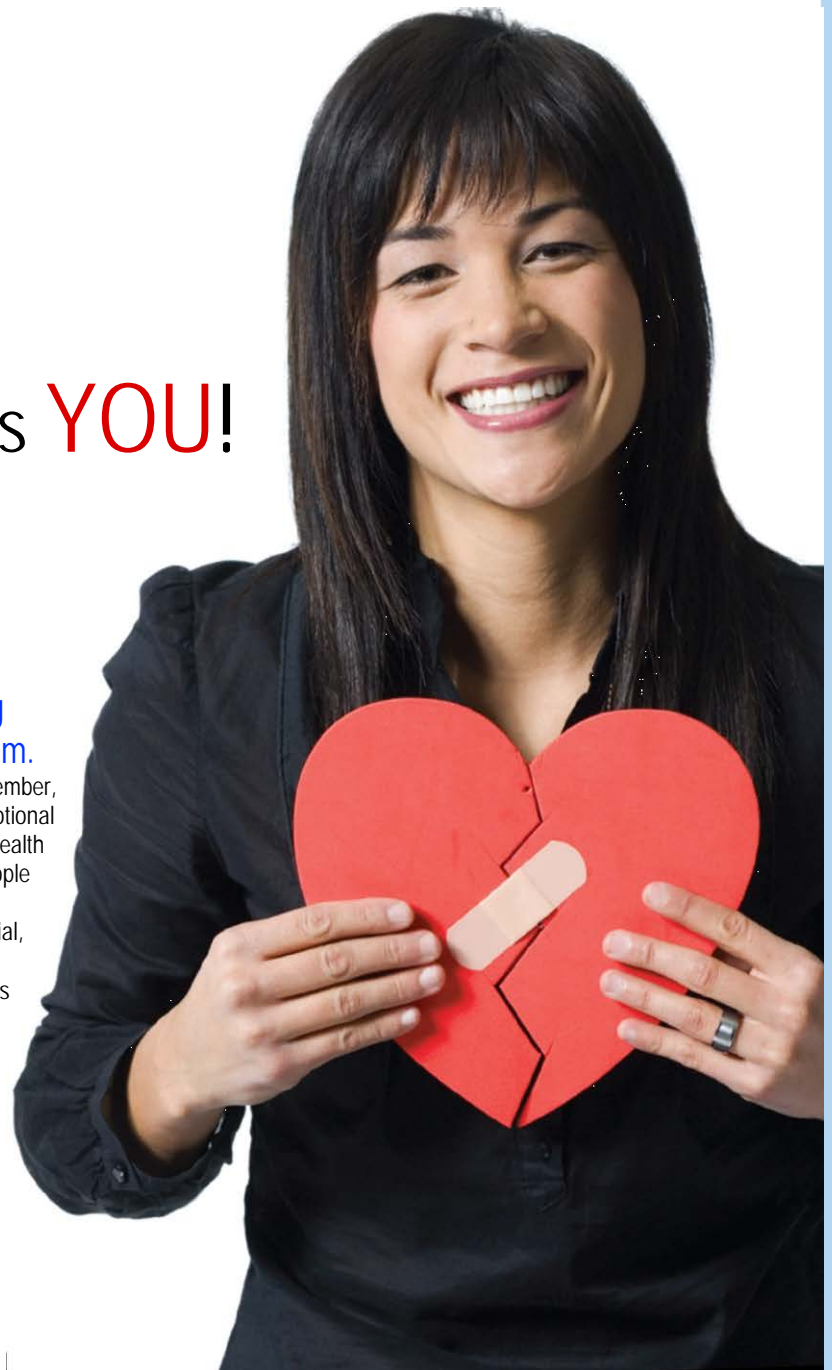
Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing  
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.  
Take the course, save a life, strengthen  
your community.



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This course brought to you by  
Options for Southern Oregon and the  
National Council for Behavioral Health