



# Mental Health First Aid

## 8-hour Course

Friday, December 15, 2017, 8:00 a.m. – 4:30 p.m.

Location: Eastern State Hospital  
1350 Bull Lea Road  
Lexington, KY 40511

### REGISTRATION

To register, please email the information below to [Julie@namilex.org](mailto:Julie@namilex.org). If you do not have access to email, call 859-272-7891 or mail this completed form to:

NAMI Lexington  
attn: Julie Caudill  
498 Georgetown Street Suite 100  
Lexington, KY 40508

Questions? Call 1-859-272-7891

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 [Julie@namilex.org](mailto:Julie@namilex.org) or call 859-272-7891.**

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

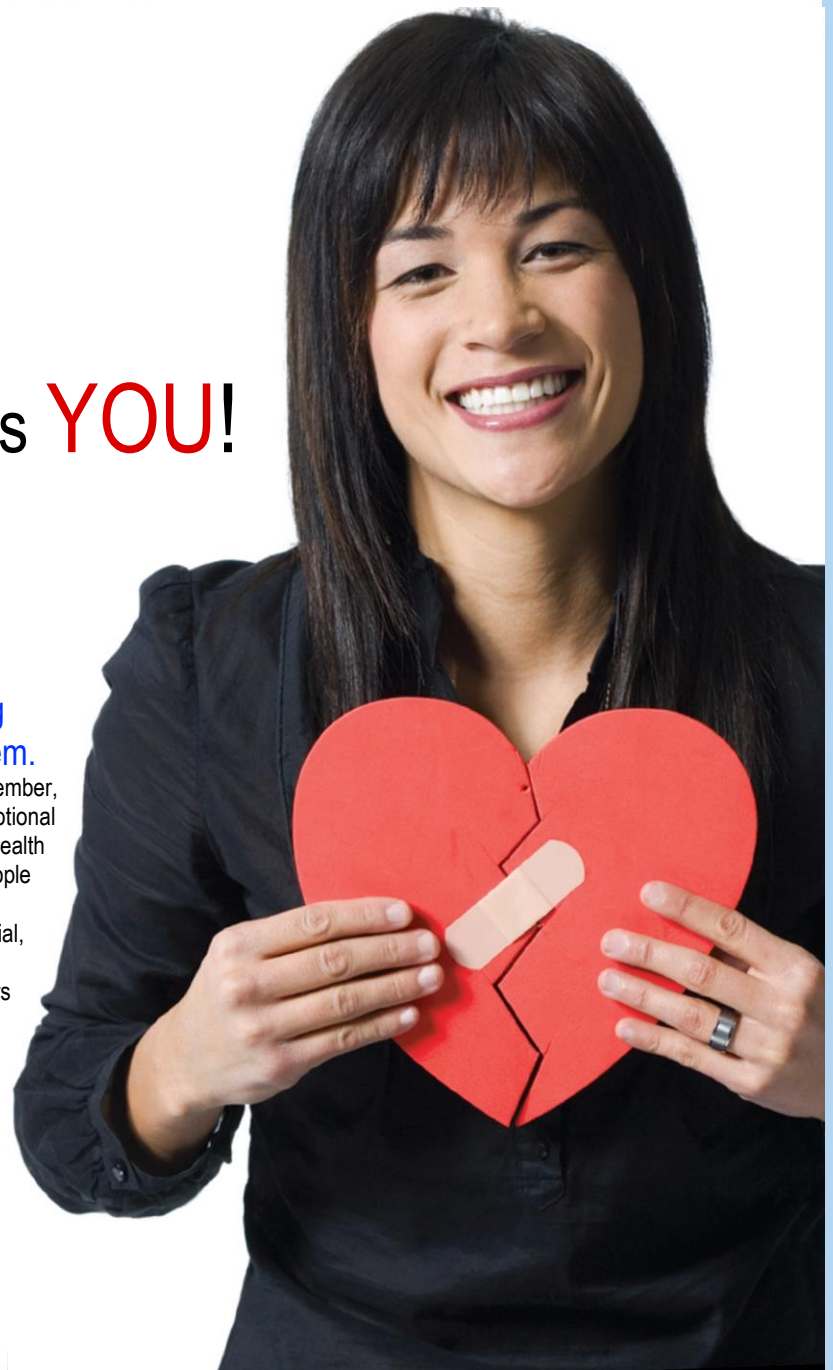
Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

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.



**Mental Health First Aid**

**8:00 a.m. – 4:30 p.m. on December 15, 2017**

**Eastern State Hospital  
1350 Bull Lea Road  
Lexington, KY 40511**

Cost of the class is \$100.00 and that includes a textbook, certification, and snacks.

See back for registration and contact information.

This course brought to you by NAMI Lexington