



Mental Health First Aid

8-hour Course

Friday, March 16, 2018, 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. 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 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

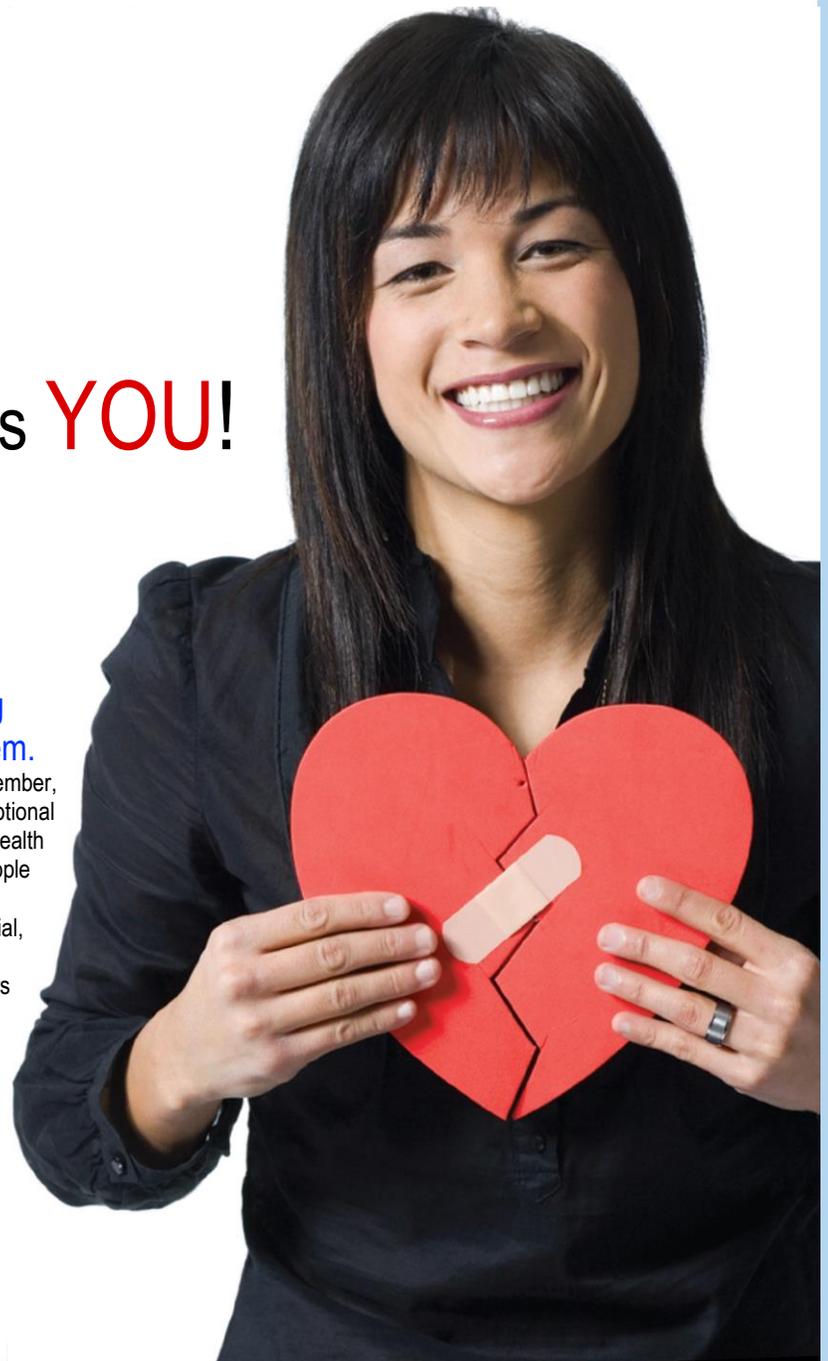
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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 March 16, 2018

**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