



# Mental Health First Aid

**Tuesday July 26<sup>th</sup> and Wednesday July 27<sup>th</sup>**  
**9:00am – 2:00pm**  
(light lunch provided)

Training hosted by **The Center: 7 Rivers LGBTQ Connection** at:

Independent Living Resources Offices  
4439 Mormon Coulee Road  
La Crosse, WI 54601

For more information or to register, please email the information below to [julia.mcdermid@ilresources.org](mailto:julia.mcdermid@ilresources.org). If you do not have access to email, call (608)787-1111 or mail this completed form to:

Independent Living Resources  
attn: Julia McDermid  
4439 Mormon Coulee Road  
La Crosse, WI 54601

Questions? Call (608)787-1111.

Name \_\_\_\_\_

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

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



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

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

**Questions? Contact [julia.mcdermid@ilresources.org](mailto:julia.mcdermid@ilresources.org) or call 608-787-1111.**

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**

**9:00 am – 2:00 pm on July 26 and 27, 2016**

**Independent Living Resources Offices, 4439 Mormon  
Coulee Road, La Crosse, WI 54601**

Cost: Free – with light lunch provided.

This course brought to you by Independent Living  
Resources.