

Mental Health First Aid

8-hour Course

Tuesday December 6th and Thursday December 8th
9:00 am – 2:00 pm
(with light lunch provided)

Held at:

Independent Living Resources
4439 Mormon Coulee Road
La Crosse, WI 54601
(entrance located around back of the building)

There is **no fee** to attend the training, manuals will be provided. **To reserve a spot, please call 787-1111, or email advocacy@ilresources.org**

For general information on the course, visit www.mentalhealthfirstaid.org.

Training Provided by:



ALGEE, the Mental Health First Aid

- 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:
advocacy@ilresources.org or call 1-888-474-5745.

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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9:00 am - 2:00 pm, December 6th & 8th

Independent Living Resources
4439 Mormon Coulee Road, La Crosse
advocacy@ilresources.org
608-787-1111

No Fee to attend; all materials included.

See back for registration and contact information.
This course brought to you by

ILR Independent Living
RESOURCES