



NAMI Maine is proud to present

Mental Health First Aid Training

Our next training is to be held at:

Spectrum Generations Muskie Center

38 Gold Street, Waterville

October 5 & 12, 2016, 4:00-8:30pm

\$5 registration fee (\$150 Value) Dinner provided.

Mental Health First Aid (MHFA) is national best-practice, evidenced-based certification course that is eight hours in length and leads to a three-year certification issued by the National Council on Behavioral Health. By design, it is intended to mirror the idea of regular first aid to empowering individuals with just enough information to respond and help guide someone with a mental health need to the right kind of help.

- Members of the public who enroll in local MHFA trainings learn a five-step action plan to help loved ones, colleagues, neighbors and others cope with mental health problems.
- The five-step action plan teaches trainees to (1) assess a situation, (2) select and implement appropriate interventions, and (3) secure appropriate care for an individual experiencing a mental health problem.
- Trainees also learn risk factors and warning signs of mental illness and about available mental health treatments. Upon completion, participants have a better understanding of the impact mental illnesses have on a person, their family and communities.
- Similar to traditional First Aid and CPR, MHFA is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.
- MHFA has strong evidence backing it. Three quantitative and one qualitative studies have shown that the program: (1) improves people's mental health, (2) increases understanding of mental health issues and treatments, (3) connects more people with care, and (4) reduces stigma.
- Trainees are from all walks of life and include school personnel, law enforcement, faith-based communities, hospital and nursing home staff, veterans, families and young people.

To register, visit namimaine.org or contact Brandi Greene at mhfa@namimaine.org or (800) 464-5767 ext. 2320.

