

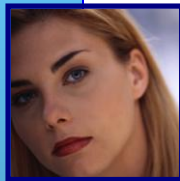


MENTAL HEALTH FIRST AID

Transforming Communities

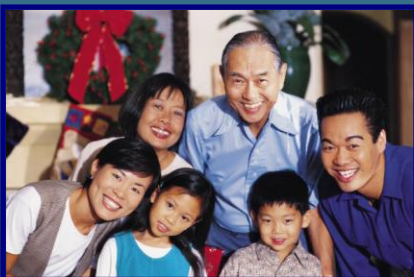
Did You Know?

You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental disorders, diseases of the brain, are more common than heart disease and cancer combined.



You may know CPR and the Heimlich Maneuver. You can call 911. But can you administer First Aid in a mental health crisis?

- WHO:** Behavioral Health Resources is offering MHFA Classes in the South Sound Region
- WHAT:** Mental Health First Aid Certificate –12 hours of training in two six hour days
- WHEN:** Complete 12 hour course offered on **April 16th and 17th 2012**
Classes - **9am to 4pm** with lunch on your own.
Coffee will be provided, please feel free to bring snacks.
- WHERE:** **3857 Martin Way East, Olympia, WA 98506** BHR Administration Boardroom
- COST:** **\$50.00 per person for 12 hour course and training manual**
- WHY:** Mental health problems are shockingly common in the United States. In fact, more than **one in four American adults** will have a mental health problem in a year. The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including Behavioral Health Resources, to implement Mental Health First Aid. Our goal is to support the public with skills to help individuals who are experiencing a mental health crisis and help the public better identify, understand and respond to signs of mental or emotional problems.
- CONTACT:** For more information or to register for a class please contact the following: BHR - Thurston & Mason County Contact - LisaNa Red Bear at 360-704-7170 Ext 1228 and or BHR - Grays Harbor County Contact - Janay Woodward at 360-538-9255
Seats are limited to 25 participants so call now to register and secure your place.



www.mentalhealthfirstaid.org



Mental health recovery is a journey of healing and transformation enabling a person with a mental health disease to live a meaningful life in a community of their choice, while striving to achieve his or her full potential.