

# Mental Health First Aid

Contact **Mona Lara**  
for more info/  
register:

(573) 442-2591 or  
mlara@fccmo.org

Thursdays in October: 5:30 to 9pm  
(Oct 7, 14, 21, 28)

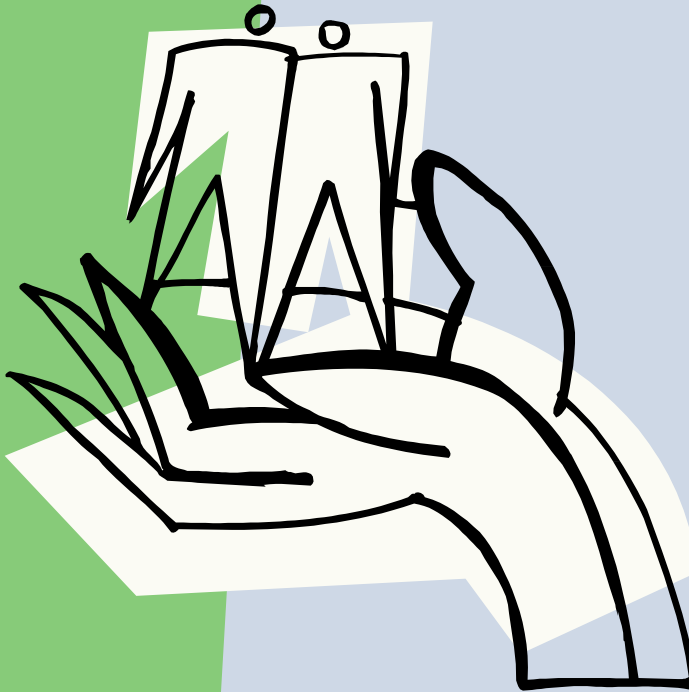
Community United Methodist Church  
3301 W. Broadway Columbia, MO  
Dinner provided.

Cost: \$25 total for all 4 sessions (must attend all sessions to obtain certification)

12 clock hours or 14.4  
contact hours(1.4 CEUs)  
available upon request

## WHO SHOULD ATTEND:

Interested community & coalition members, employers, policymakers, faith communities, school personnel, police, health care & nursing staff, mental health support staff, families, young people (18 & up)



This 12-hour course teaches non-clinically trained individuals how to:

- Give first aid to individuals experiencing a mental health crisis situation and/or who are in the early stages of a mental health disorder
- Learn the signs and symptoms of the most common mental health problems
- Where and when to get help
- What type of help has been shown to be effective.

Mental health problems covered include depression, anxiety disorders, schizophrenia, bipolar disorder, eating disorders, self-injury, and substance use disorders.

**REGISTRATION CLOSSES WEDNESDAY SEPTEMBER 29, 2010!**

**OPEN TO THE PUBLIC!**

