



Mental Health First Aid

8-hour Course

Kenmare Area – April 14 & April 15; **Mohall Area** April 18 & 19; starting at 6:00 pm with a meal provided. (SPONSORED BY KENMARE'S & MOHALL'S AREA SAFE COMMUNITY COALITIONS)

Kenmare Area April 14-15
Nazareth Lutheran Church
401 N Central Ave
Kenmare, ND 58746

OR

Mohall Area, April 18-19
Zion Lutheran Church
203 1st Ave NE
Mohall, ND 58761

This training is free, including lunch & materials.
Limited to 50 participants on each day.
REGISTRATION REQUIRED

REGISTRATION

To register, please email or call with the information below:

Kenmare Area
Rev. Michon Weingartner
pastormichon@gmail.com
phone #(701)385-4646

Mohall Area
Renae Johnson
rjohnson@nd.gov
work# (701)756-6386
cell #(701)263-7885

Questions? Call the numbers listed above.

Which location do you want to register for? Check one: _____ Kenmare (Apr. 14 & 15) OR _____ Mohall (April 18-19)

Name _____

Phone number (s) _____

E-mail address _____

Occupation and employer name, if any _____

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)



ALGEE, the Mental Health First Aid Action Plan

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

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.

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.

Take the course, save a life, strengthen
your community.

***An application for CEU's is pending for Social Work,
Law Enforcement, and EMS.***



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No Cost/You will receive a notebook of information.
See back for registration and contact information.

This course is brought to you by the Kenmare &
Mohall Safe Community Coalitions