## ADULT MENTAL HEALTH FIRST AID TRAINING WORKSHOP

Saturday, June 18, 2016 8:30 am - 4:30 pm

## Franciscan Ministries-Canticle Café

645 E. Canfield Detroit, Michigan 48207-1095



## Who Should Attend? Anyone Who has ever:

- Wanted to help someone in crisis.
- Recognized someone who might be suffering from a mental disorder and didn't know how to help.
- Recognized someone who might be experiencing an addiction and didn't know how to discuss your concerns with him or her.

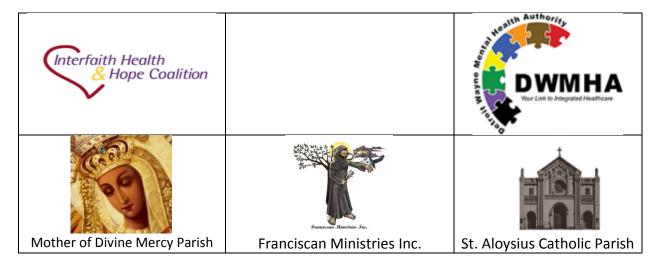
## What is Mental Health First Aid?

- A first-aid approach for emotional problems.
- A nationally recognized training programs to assist the general public in being able to recognize the signs and symptoms of a person in crisis, a person considering suicide, a person suffering from anxiety or depression, and person struggling with an addiction.
- Teaches a 5-Step Action Plan ALGEE for how to assist the individual until appropriate professional help or other help can begin.
- Taught by certified mental health first aid instructors, certified by the National Council for Behavioral Health.

What is the Cost? – Free Registration – funded through a grant to the Interfaith Health & Hope Coalition by the Detroit-Wayne Mental Health Authority.

Space is Limited so You Must Pre-Register!!! By June 4, 2016

**Questions about the Workshop:** Contact Ron Beford, Executive Director, Interfaith Health & Hope Coalition, (810) 923-6940, <a href="mailto:rbeford@yahoo.com">rbeford@yahoo.com</a>



PRE-REGISTRATION FORM: Please register by June 4, 2016 to hold your seat.	
Name:	Title:
Organization:	
Your Address:	
Your Phone No.:	
Your e-mail Address:	
<b>SEND TO: Michael Carsten OFS,</b> Outreach Director, St. Aloysius Catholic Parish, 1232 Washington Boulevard, Detroit, Michigan 48226, ph.: 313-309-1277 e-mail: Mike.Carsten@franciscanministry.org	