

# ADULT MENTAL HEALTH FIRST AID TRAINING WORKSHOP

**Saturday, August 06, 2016**

**8:30 am – 4:30 pm**

**Trinity St. Mark's**

9315 W. Fort Street,  
Detroit, MI 48209



## **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 Friday, July 29, 2016.**

Please EMAIL your registration to Trinity-St. Mark's United Church of Christ, Attn: Pastor George Bozanich ([trinitysaintmarks@gmail.com](mailto:trinitysaintmarks@gmail.com)) or Mishael Raiford ([devdes2@gmail.com](mailto:devdes2@gmail.com)) by FRIDAY, July 29, 2016.

In your email, please include the following:

- Name, Title, and Organization
- Email Address, Work/Home Address, and Phone Number
- Any dietary restrictions

**Questions about the Workshop:** Contact Pastor Bozanich (519-990-8551) or Mishael Raiford (313-515-6425) Ron Beford, Executive Director, Interfaith Health & Hope Coalition, (810) 923-6940, [rbeford@yahoo.com](mailto:rbeford@yahoo.com)

