



# Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Mental Health First Aid is a course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives you the skills to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

**\*This training is for those who are not clinicians and does not offer CEs\***

**WHEN:** All courses are from 9:00am-5:00pm.

**Adult Courses (for individuals helping adults):**

Tuesday, February 15, 2023

Tuesday, May 9, 2023

Thursday, July 13, 2023

Thursday, November 2, 2023

**Youth Courses (for individuals helping children)**

Monday, March 27, 2023

Tuesday, June 20, 2023

Thursday, September 21, 2023

**WHERE:**

MCCMH Training Department

West Location, 6555 15 Mile Rd. Sterling Heights, MI

**WHY:**

Mental health challenges – such as depression, anxiety, psychosis and substance use – are common in the United States. In fact, more than one in five Americans will have a mental health problem in any given year. The National Council for Mental Wellbeing certifies individuals throughout the nation, including Macomb County CMH, to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The training helps the public better identify, understand, and respond to signs of mental illnesses in youth and adults.

**TRAINERS:**

Agnes Ward, Traci Smith, Karen Slattery and Leslie Styer  
Macomb County Community Mental Health

**REGISTER:**

Email [trainingoffice@mccmh.net](mailto:trainingoffice@mccmh.net)

*For more information on Mental Health First Aid, visit [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org)*