



# 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\**

***All sessions below are open to the public. Everyone is welcome to attend!***

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

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

Thursday, February 15, 2024 (MCCMH West)

Thursday, July 11, 2024 (MISD)

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

Thursday, June 20, 2024 (MISD)

Monday, December 9, 2024 (MISD)

**WHERE:**

MCCMH West-Training Department  
6555 15 Mile Rd, Sterling Heights, MI 48312

**OR**

Macomb Intermediate School District (MISD)  
44001 Garfield Rd, Clinton Twp, MI 48038

**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, Anne Bicego and Leslie Styer  
Macomb County Community Mental Health (MCCMH)

**TO REGISTER, CLICK HERE: [Mental Health First Aid- Public Registration 2024](#)**

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