



MENTAL HEALTH FIRST AID® FOR ADULTS

BENTON, SHERBURNE, STEARNS & WRIGHT CO.
THURSDAY, MARCH 19TH, 9AM

When:

Thursday, March 19th
9:00am to 6:00pm
(1-Hour for lunch, on your own)

Where:

Monticello Community Center
505 Walnut St, Monticello, MN 55362

Cost:

FREE

How to Register:

Online:
mhfa-monticello-319.eventbrite.com

For More Info:

Call Chris at (612) 351-2080

*There are limited spaces
for this training, please
ensure to register by
March 16!*

Mental Health First Aid USA is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

This public education program introduces participants to the unique risk factors and warning signs of mental health and substance use problems in adults, builds understanding of the importance of early intervention, and teaches individuals how to help adults in crisis or experiencing a mental health challenge.

This training is intended for those living with mental health issues, providers, family members, and community members who work in or are residents of Benton, Sherburne, Stearns, or Wright County.

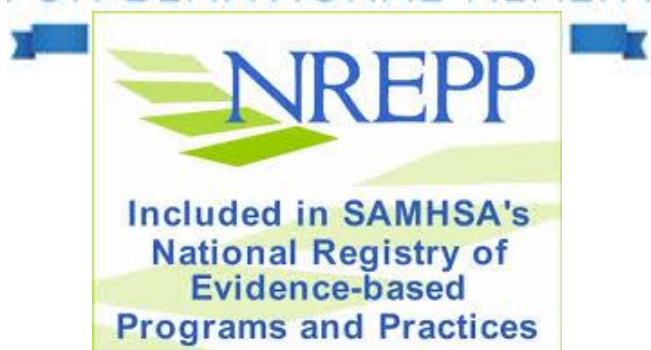
A Certificate of Attendance will be provided for CEUs through the MN Board of Social Work.

WHAT IT COVERS

- A discussion of culture and its relevance to the topic of mental health.
- A discussion of the specific risk factors faced by many community members and their families such as mental and physical trauma, stress, separation, etc.
- How to break down the stigma associated with substance use disorders and Mental illnesses like anxiety, depression, post-traumatic stress disorder (PTSD) and more.
- How to reach out to those who suffer in silence, reluctant to seek help using the ALGEE Action Plan.
- Community resource information and support.

Studies show that the program reduces the social distance created by negative attitudes and perceptions of individuals with mental illnesses.

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH



PRESENTED IN PARTNERSHIP WITH:



Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties

Sharing Lived Experience and
Mental Health Recovery,
Together.

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and Mind
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