

FREE TRAINING

Adult Mental Health First Aid

Provided By: Wellness in the Woods

Date: Wednesday, May 15, 2019 **Time:** 8:00am-5:00pm (1 hour lunch on your own)

Location: Monticello Community Center - Bridge Room
505 Walnut Street
Monticello, MN 55362

Mental Health First Aid is an 8-hour course that teaches you how to help a person who may be developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance use disorders.

Attendees will:

- Grow their knowledge of signs, symptoms and risk factors of mental illnesses and addictions.
- Learn to multiple types of professional and self-help resources for individuals with a mental illness or addiction.
- Increase their confidence in and likelihood to help an individual in distress.
- Show increased mental wellness themselves.

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

Registration is required for this training. Reserve your spot by sending an email to CAMHI@co.benton.mn.us.

Please join us for this training! This training is intended for those living with mental health issues, providers, family members, and community members.

A Certificate of Attendance will be provided for CEUs

Training is brought to you by:



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

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.