



Yale
NewHaven
Health
Greenwich
Hospital



Mental Health First Aid Training

Monday, May 21 & Tuesday, May 22, 2018

10:30 am to 4:00 pm

Town Hall Meeting Room – Greenwich Town Hall

**101 Field Point Road
Greenwich, Connecticut**



**MENTAL
HEALTH
FIRST AID**

*If someone is having a heart attack or choking, you know how to help!
But do you know how to help if someone is anxious, depressed, suicidal,
delusional, or abusing drugs and alcohol?*

Mental Health First Aid is an interactive course that will give you the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. As a Mental Health First Aider, you will learn:

- ✓ The prevalence of mental illnesses in the U.S.
- ✓ The potential warning signs of the most common mental health disorders.
- ✓ A 5-step action plan to assist an individual in crisis.
- ✓ Resources available to help someone with a mental health problem.

Who should take Mental Health First Aid training?

- Front desk personnel
- Primary care professionals
- School personnel, nurses, and educators
- First-responders, fire, police and corrections officers
- Nursing home staff
- Employers, human resources professionals, and business leaders
- State policymakers
- Volunteers and the general public.



**This is an
8-Hour
Certification!**

MUST ATTEND BOTH DAYS!

Sponsored by the Community Health Improvement Partnership

Free, but "must register" by Tuesday, May 15, 2018 by calling 203.863.4444 (Limited Space) + Light Lunch Provided!

Facilitated by Judith Stonger, MA, CPP, CARC – Vice President of Prevention, Wellness and Recovery at Wheeler Clinic



Wheeler

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Fostering positive change.