



MENTAL
HEALTH
FIRST AID

Adult Mental Health First Aid Training

sponsored by **Tuscola Behavioral Health Systems**

Why Mental Health First Aid? *Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This free 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problems and help connect them to appropriate care.*

What Mental Health First Aid Covers: *Common signs and symptoms of mental illness - depression, anxiety, trauma and psychosis. Suicide awareness and prevention. Common signs and symptoms of substance use. How to interact with a person in crisis. How to connect the person with help. **New** - How to administer naloxone in the event of an opioid overdose.*

Nearly 1 in 5 U.S. adults
lives with a mental illness.
On average, there are
123 SUICIDES A DAY.

From 1999 to 2016, 630,000
people died from
DRUG OVERDOSE.

Sources: Centers for Disease
Control and Prevention National
Institute of Mental Health via the
National Survey on Drug Use
and Health and the Substance
Abuse and Mental Health
Services Administration

Anyone can take this **FREE** 8-hour course which is an evidence-based curriculum.
All participants receive a 3-year certificate and a Mental Health First Aid manual.

Sometimes, the best first aid is YOU.

Take the FREE course, save a life, strengthen your community.

Monday, February 4, 2019 8:30 a.m. - 5:00 p.m.

Tuscola Behavioral Health Systems (TBHS) Training Center

129 E. Burnside St., Caro, MI 48723

Please use entrance #3 Lunch is on your own

To register for the course or to have this training provided to your community group or staff members, please contact the Director of Marketing and Training at TBHS at 989.673.6191 or 800.462.6814. On line registration: www.tbhsonline.com



TUSCOLA

Behavioral Health Systems

A Michigan Community Mental Health Authority