

A 12-hour certification course designed to help communities

- >> Better understand mental illness
- >> Respond to psychiatric emergencies

Central Plains Center Introduces

INTRODUCES



Mental Health First Aid

For information or
to schedules a
course contact:

Ron Trusler
806-293-2636
ron@cplains.org

Building mental health literacy among

- >> Parents, families, and school administrators
- >> Primary care professionals
- >> Law enforcement officers
- >> Business leaders
- >> Human resources professionals

Learn how YOU can bring Mental Health First Aid into your community.

www.MentalHealthFirstAid.org
www.cplains.org



Participants will...

- Learn to identify symptoms of various mental disorders and how to respond appropriately
- Better understand mental illnesses
- Receive Certification upon successful completion of the 12 hour course.
- Receive 12 hours of Continuing Education Units that may be applicable to respective licensing requirements
- Not be qualified to do counseling, therapy or diagnosis after completing the course but will have more confidence if they encounter someone in a psychiatric type crisis
- Understand that Mental Health First Aid is much like tradition physical First Aid in that those trained will have basic tools to render assistance until appropriate professional help is available
- Receive a manual containing practical information about mental disorders that can be used as a resource in the future

Designed for...

- Parents, families, and school administrators
- Primary Care professionals
- Business leaders and employees
- Law enforcement
- General public

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