

# Mental Health First Aid ®

[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

8 hour certification will be earned at each training

## Interested in taking a Youth Mental Health First Aid Training?

**Date: Tuesday, June 26, 2018 - Time: 8:30 AM - 5:00 PM**

Cost: \$10.00 per person (includes workbook and lunch)

Where: OSU, Greene County Extension Office, 100 Fairground Road, Xenia  
To register please go to this link: [go.osu.edu/MentalHealthFA](http://go.osu.edu/MentalHealthFA)

Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing a mental health challenge or crisis. You can help them.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis and connect them with the appropriate professional, peer, social, or self help care.

Anyone, ages 18 and over, can take the 8-hour Mental Health First Aid ® or Youth Mental Health First Aid course and receive a 3 year certification from the National Council for Behavioral Health.

Sometimes, the best first aid is you. Take the course, save a life, and strengthen your community.



## **OSU Extension MHFA Team Members who will be teaching:**

Jami Dellifield, Hardin County, [dellifield.2@osu.edu](mailto:dellifield.2@osu.edu)

Amanda Raines, Hardin County, [raines.74@osu.edu](mailto:raines.74@osu.edu)

**If you have questions, please call 937-372-9971 or email  
Brenda at [sandman-stover.1@osu.edu](mailto:sandman-stover.1@osu.edu)**



*Assess for risk of suicide or harm*

*Listen nonjudgmentally*

*Give reassurance and information*

*Encourage appropriate professional help*

*Encourage self-help and other support strategies*