



Mental Health First Aid 8-hour Course

Sponsored by The LRJ, Lou Ruspi Jr. Foundation,
and NAMI Scranton & Northeast Region

Thursday July 27, 2017, 5:30-9:30 pm
Saturday July 29, 2017, 9 am-1:00 pm

The Advocacy Alliance Media Center
841 Jefferson Avenue, Scranton

REGISTRATION IS REQUIRED
ATTENDEES MUST ATTEND BOTH CLASSES TO RECEIVE CERTIFICATION
REFRESHMENTS WILL BE PROVIDED

COST: \$10 includes training, manual and 3 year MHFA certification

To register please mail this completed form along with \$10 registration fee to:

NAMI Scranton
attn: Marie Onukiavage
846 Jefferson Avenue
Scranton, PA 18510

Name _____

Phone number _____

E-mail address _____

Occupation _____

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)



ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

Questions? Contact marieo@namipascranton.org
or call 570-342-1047

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



MENTAL
HEALTH
FIRST AID

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

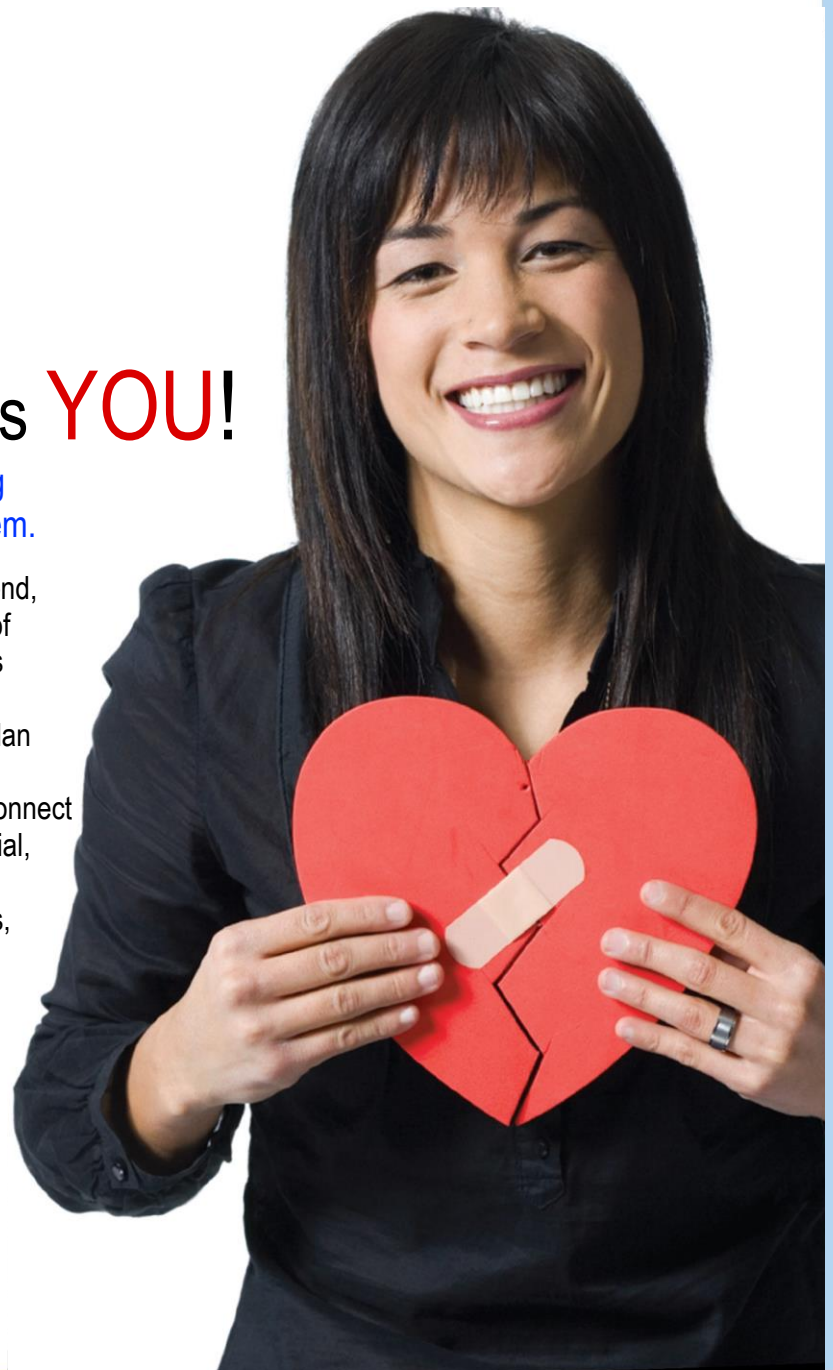
Sometimes, first aid is **YOU!**

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

You are more likely to encounter someone — friend,
family member, coworker, 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 people with the signs and
symptoms of a mental illness or in a crisis, and connect
them with the appropriate professional, peer, social,
or self help care. Anyone can take the 8-hour
Mental Health First Aid course — first responders,
students, teachers, leaders of faith communities,
human resources professionals,
and caring citizens.

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



Ask me about Mental Health First Aid
Marie Onukiavage
570-342-1047
570-690-0272