

--- Join us ---  
**MENTAL HEALTH  
FIRST AID TRAINING**



**TWO** Interactive courses to empower you to *identify, understand and respond* to **ADULTS** or **YOUTH** in a mental health crisis.

## MENTAL HEALTH FIRST AID

**8 hour highly interactive workshop.** Learn a five-step action plan to initially help people who are showing signs and symptoms of a mental illness or crisis, and connect them with the appropriate professional, peer, social or self- help care.



## YOUTH MENTAL HEALTH FIRST AID

**8 hour highly interactive workshop.** Learn risk factors & warning signs of common mental health challenges among adolescents, including anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders and substance abuse disorders. Recognize and provide support to youth displaying signs and symptoms of mental illness or crisis. The course is for adults who regularly interact with adolescents aged 12 - 18.

# Saturday, April 29, 2017

**8:00am to 5:00pm -  
Fee: \$40 student /\$45 professional**

### Why Become a Mental Health First Aider?

1. To be prepared. Just as you learn CPR, learn how to help in a mental health crisis
2. Mental illnesses are common: 1 in 5 adults/year
3. You Care: Be there for a friend, family member, or colleague
4. You Can Help: People with mental illnesses often suffer alone.
5. **RECEIVE CEU CREDITS, PDA HOURS, TRAINING CERTIFICATE (Must attend entire 8hr session).**

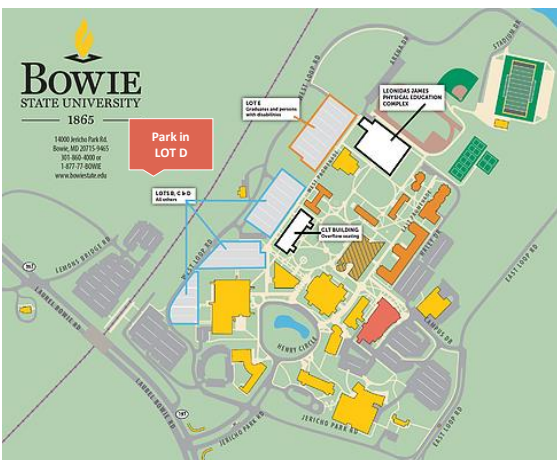
### Who Should Come?

Anyone over age 18 can take this eight-hour course:

- College Students
- School professionals
- Leaders of faith communities
- Health/human resources professionals
- Other caring citizens



**LOCATION:** For both trainings - Bowie State University Center for Learning and Technology (CLT)- Rooms 130 and 131  
14000 Jericho Park Rd, Bowie, MD



**★ Register by April 24!**

**Space is Limited. Advance Registration Required for either course selected.**

Register at: [www.360wholeness.org/training-events](http://www.360wholeness.org/training-events)

*Fee includes refreshments, course book, PDAs or CEU's. Fee is non-refundable, but may be transferred to another interested party.*

QUESTIONS? Contact Bowie State University - [mubsu1985@gmail.com](mailto:mubsu1985@gmail.com) or Family Restoration & Healing Center, Inc. - [info@360wholeness.org](mailto:info@360wholeness.org) or call FRHC at 240-667-1849