



The Veterans Health Alliance of LI & The Long Island Community Foundation Present...

Mental Health First Aid Military Members, Veterans, and their Families

An Eight Hour Training on Responding to Mental Health Crises
At The Mental Health Association of Nassau County
16 Main Street Hempstead, NY 11550

◇
Monday & Tuesday May 22nd & 23rd 2017
9 am- 1 pm

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Approved for 8 OASAS credits



Attendees that fulfill the eight hour course will be certified "Mental Health First Aiders" and given a certificate of completion.

Mental Health First Aid is an 8-hour training certification course which teaches participants a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual. The certification program introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and discusses common treatments. Studies have shown that the CPR-like program effectively improves trainee's knowledge of mental health disorders, reducing stigma and increasing the amount of help provided to others.

4 Reasons to Become a Mental Health First Aider



Be prepared
When a mental health crisis happens, know what to do



You can help
People with mental illnesses often suffer alone



Mental illnesses are common
1 in 5 adults in any given year



You care
Be there for a friend, family member, or colleague

To learn more about the training, please go to www.mentalhealthfirstaid.org.

Presenters: Jeffrey McQueen, MBA, LCDC and Brent Russell, LMSW

Fee: Free

For more information, please contact Rhea Spina at rspina@mhanc.org or call (516) 489-2322 ext. 1260.

To register, please complete & return the coupon below to rspina@mhanc.org or mail to **The Mental Health Association of Nassau County, Inc. Attention: Veterans Health Alliance Long Island, 16 Main St, Hempstead, NY 11550**

Name _____	Day Time Phone # _____
Agency Name _____	Title: _____
Email: _____	Briefly describe your professional involvement with military/veteran population _____

