

Limited Seating
(Lunch on your own)

COST: \$30
(Cash or check at the Door)



Mental Health First Aid

12 hour course

June 4th—5th
9 am—4 pm
The Marian Center
Conference Room B

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NAMI MO Board Member
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The Mental Health First Aid Course cover the topics of

- Individual feeling suicidal
- Individual having a panic attack
- Individual who has recently experienced a traumatic event
- Individual who is psychotic and threatening violence
- Individual who has overdosed

Participants learn to use the **Mental Health First Aid Action Plan:**

- A**ssess Risk of Suicide or Harm
- L**isten Non-Judgmentally
- G**ive Reassurance and Information
- E**ncourage Person to Get Appropriate Professional Help
- E**ncourage Self-Help Strategies

Meet
ALGEE
The Bear



RSVP Contact: 864-7119 or lgoin@namiswmo.com

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