

# **Mental Health First Aid Training Class**

**Tuesday July 12<sup>th</sup> & Tuesday July 19<sup>th</sup>  
6pm -10pm**

**St. Lawrence Church Hall  
7 Hemlock Dr.  
Killingworth, CT 06419**

**No charge, but RSVP required. Spaces limited.**

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

## **Interventions Learned**

When you take a course, you learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing:

- Panic attacks
- Suicidal thoughts or behaviors
- Nonsuicidal self-injury
- Acute psychosis (e.g., hallucinations or delusions)
- Overdose or withdrawal from alcohol or drug use
- Reaction to a traumatic event

**RSVP by 6/30/16 to <https://www.eventbrite.com/e/mental-health-1st-aid-training-tickets-25248496934>**

**Hosted by Changing Minds Advocacy Group**

Contact: [changingmindsgroup@yahoo.com](mailto:changingmindsgroup@yahoo.com)

We are committed to improving the quality of and access to mental health programs, services and supports for Killingworth and Haddam residents.