



Mental Health First Aid Training

Friday, July 17th,
2015, 8:30-5pm

Family & Children's
Place
525 Zane Street
Louisville, KY 40203

Registration is \$45 and
includes lunch, snacks and
manual

*"It really gives you the skills you
need to identify – and ultimately
– help someone in need.*

*Because you never know when
these types of skills might be
useful."*

-First Lady Michelle Obama

Did you know that 1 in 4 people in the United States will develop a mental disorder in their lifetime?

Mental Health First Aid is an eight-hour training for people ages 16 and over to learn the signs and symptoms of different types of mental illnesses, how they can affect a person's daily life and what YOU can do as a first responder when you identify someone experiencing a mental health challenge.



Become a Certified Mental Health First Aider and learn about:

- ✓ *Early Interventions and support to foster recovery and resiliency*
- ✓ *A 5-Step Action Plan to assist someone developing an illness or in crisis*
- ✓ *Increasing awareness, decreasing stigma and increasing confidence in providing help*

To register for this training, or for more information on monthly MHFA trainings, contact the **PAL Coalition** at **Family & Children's Place**,
Certified Trainers:

Nancy Carrington ncarrington@famchildplace.org 502/855.6048

or

Tomy Molloy tmolloy@famchildplace.org 502/855.6048

