

Mental Health



First Aid

Join the movement.

Free Training*

**Presented in partnership by:
Jesse Brown VA Medical Center,
Veterans Strike Force, and Vet Net**

MENTAL HEALTH FIRST AID

Provided by Sertoma Centre, Inc.

Date: November 17, 2017
Time: 8:00 am – 4:30 pm
Location: Jesse Brown VA Medical Center
VISION Conference Room
2nd floor, Damen Building
820 S. Damen Avenue
Chicago, IL 60612

To register by phone or email, please contact:

Lisa Guardiola: (708) 638-8394

OR

Gia Washington: gWASHINGTON@sertomacentre.org

Please provide your name, phone number,
and email address with your registration.

REGISTRATION REQUIRED BY NOVEMBER 13, 2017

What Participants Learn:

- Risk factors and warning signs of mental health and substance use problems
- Information on depression, anxiety, trauma, psychosis and substance use
- A 5-step action plan to help someone who is developing a mental health problem or in crisis
- Available evidence-based professional, peer and self-help resources

**All participants receive a 3-year certificate
and a Mental Health First Aid manual.**

**8 hours of free CEUs available for
LPCs, LCPCs, LSWs, LCSWs**

**Sometimes first aid isn't a bandage, or CPR,
or calling 911. Sometimes first aid is YOU.**



A person you know could be experiencing a mental health or substance use problem.

Learn an action plan to help.

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need.

Get trained in Mental Health First Aid.

**Take a course. Save a life.
Strengthen your community.**

REFRESHMENTS WILL BE PROVIDED



**MENTAL
HEALTH
FIRST AID**

**For more information, visit
www.MentalHealthFirstAid.org**

*Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services