



# Mental Health First Aid 8-hour Course

Wednesday, June 17, 2015 8:30-4:30

Seymour Center  
2551 Homestead Rd., Chapel Hill NC 27516  
Chapel Hill, NC 27516

## REGISTRATION REQUIRED

To register, please email the information below to Latonya Brown. If you do not have access to email, please call.

Orange County Department on Aging,  
attn: Latonya Brown  
2551 Homestead Rd.,  
Chapel Hill, NC 27516  
919.245.4270

Questions? Call or email: 919.245.4270 or lbrown@orangecountync.gov

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

Brief description of why you're enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)

\_\_\_\_\_  
\_\_\_\_\_



### *ALGEE, the Mental Health First Aid Action Plan*

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

**Questions? Contact: Latonya Brown**  
**lbrown@orangecountync.gov**

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.



MENTAL  
HEALTH  
FIRST AID

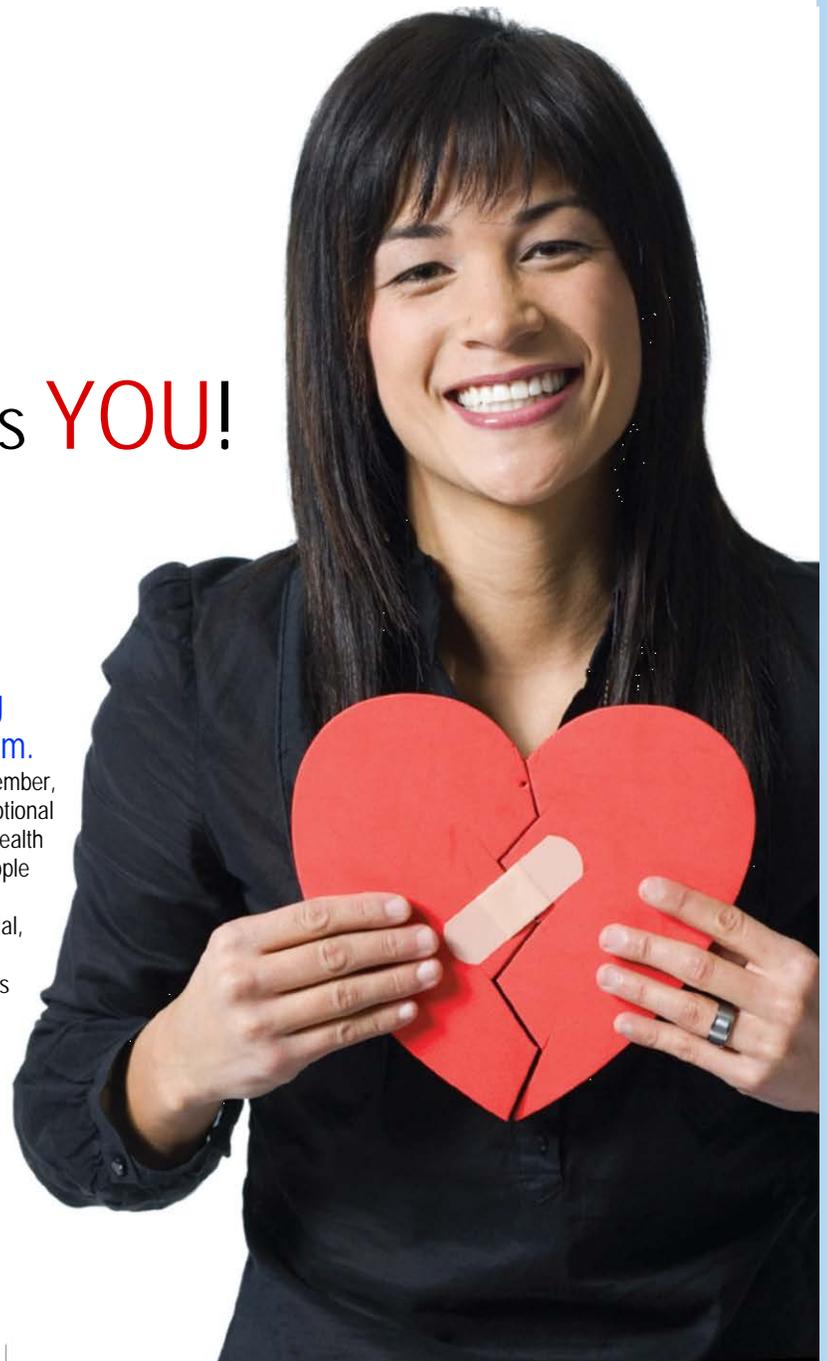
Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing  
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.  
Take the course, save a life, strengthen  
your community.



Mental Health First Aid

Wednesday, June 17, 2015 8:30-4:30

Must be registered to attend, please contact Latonya  
Brown: [lbrown@orangecountync.gov](mailto:lbrown@orangecountync.gov) or 919.245.4270

Cost: Free

See back for registration and contact information.

This course brought to you by Orange County, NC  
Department on Aging and Cardinal Innovations  
Healthcare Solutions