

## ***What is Mental Health First Aid?***

Mental Health First Aid is an 8-hour training course. Just as CPR training helps a layperson assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

### ***You will learn:***

- The prevalence of mental illnesses in the U.S. and their emotional and economic cost.
- The potential warning signs and risks factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders, and substance use disorders.
- A 5-step action plan to help an individual in crisis connect to professional care.
- Resources available to help someone with a mental health problem.

## ***Who can be a Mental Health First Aider?***

- Educators/School Administrators
- College/University Leaders
- Students
- Human Resource Professionals
- First Responders/Security Personnel
- Nurses/Physician Assistants
- Members of Faith Communities
- Social Workers
- Caring Citizens

### *Did You Know?*

*You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental Disorders are more common than heart disease and cancer combined.*

## **Please direct correspondence about Mental Health First Aid to:**

Pawnee Mental Health Services  
2001 Claffin Road  
Manhattan, KS 66502  
Phone: (785) 587-4300  
E-mail: [mhfa@pawnee.org](mailto:mhfa@pawnee.org)

The mission of Pawnee Mental Health Services is to provide comprehensive quality mental health and substance use treatment and recovery services to strengthen the wellness of our communities.

Visit our website at  
[www.pawnee.org](http://www.pawnee.org)



# MENTAL HEALTH FIRST AID



## Enrollment Information

### Attendance

A Mental Health First Aid course must be attended in its entirety to receive certification. Because of the interactive nature of the course, only 15 – 25 individuals will be enrolled for each course.

### Location

If your group has 12 or more individuals, please contact us and we may be able to hold the course at a location convenient for you.

### Cost

The cost of the course is **\$25.00** per person or **\$20.00** per person for groups of 5 or more from the same organization. The cost includes 8-hours of instruction and a manual.

The registration form and payment in full must be received by the Friday before the course start date.

### Certification

A certificate will be issued at the completion of the course and may be renewed every three years. Participants may submit their certificate to their appropriate regulatory board for approval of continuing education credits.

### Cancellation Policy

To cancel your registration please contact us at [mhfa@pawnee.org](mailto:mhfa@pawnee.org) or by phone at (785) 587-4300. Registration must be cancelled 30 days prior to the course in order to receive a full refund.



## Enrollment Form

**To register in person** please bring payment and enrollment form to: Pawnee Mental Health Services, 2001 Claflin Road, Manhattan, KS 66502.

**To mail your payment and enrollment form:** Pawnee Mental Health Services, PO Box 747, Manhattan, KS 66505-0747.

### Personal Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

### Payment Options

Cash\_\_ Check\_\_ Credit/Debit Card\_\_ Money order\_\_

(Please make checks and money orders payable to: Pawnee Mental Health Services)

#### Credit Card Payment

Amex\_\_ Discover\_\_ MasterCard\_\_  
Visa\_\_

Name on Card \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Security Code \_\_\_\_\_

(3 or 4 digit code on the back of the credit card)

## Basic Mental Health First Aid 2017 Courses

- Tuesday, January 10**  
427 Houston Street, Manhattan, KS  
8:30am—5pm
- Thursday, March 30**  
814 Caroline Ave, Junction City, KS  
8:30am—5pm
- Wednesday, June 14**  
210 W. 21st Street, Concordia, KS  
8:30am—5pm
- Tuesday, June 27**  
427 Houston Street, Manhattan, KS  
8:30am—5pm
- Friday, September 15**  
814 Caroline Avenue, Junction City, KS  
8:30am—5pm
- Wednesday, October 11**  
210 W. 21st Street Concordia KS  
8:30am—5pm

***Workshop dates subject to change***