



Sometimes, first aid isn't a bandage or CPR or the Heimlich or calling 9-1-1. **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 — a 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 12-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.

Upcoming Course Dates: Unless otherwise noted, all courses take place from 9am-4pm each day in the LifeWays Pine Room, located at 1200 N. West Avenue in Jackson.

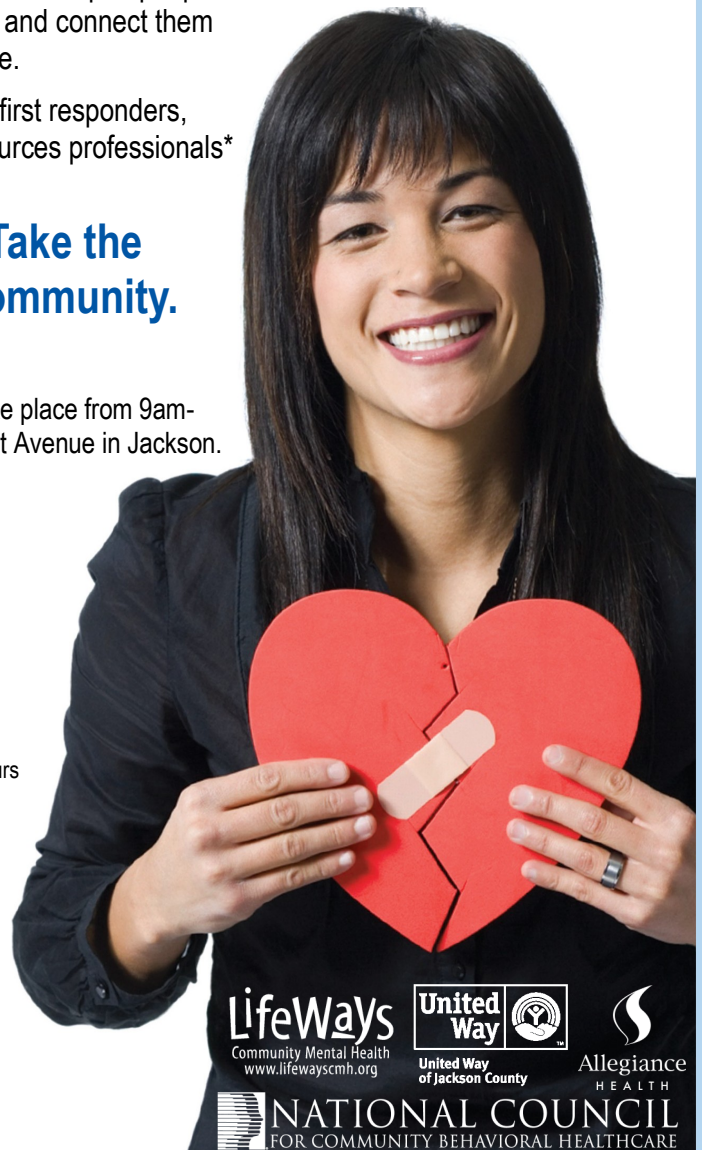
December 7 & 8, 2011	February 9 & 10, 2012
January 5 & 6, 2012	February 23 & 24, 2012
January 19 & 20, 2012	March 28 & 29, 2012 **

Registration Fee: \$17.50

Fee includes snacks, lunch and all training materials. 48-hour cancelation notice required for refunds.

 *This course is approved for 12 General Recertification Credit Hours by the Society for Human Resource Management's HR Certification Institute. These hours relate to the Professional in Human Resources (PHR), Senior Professional in Human Resources (SPHR) and Global Professional in Human Resources (GPHR) certifications. The use of this seal is not an endorsement by the HR Certification Institute of the quality of the program. It means that this program has met the HR Certification Institute's criteria to be pre-approved for recertification credit.

**Course location: Hillsdale ISD 310 W. Bacon St., Hillsdale, MI.



LifeWays
Community Mental Health
www.lifewayscmh.org

United Way
United Way
of Jackson County

Allegiance
HEALTH

NATIONAL COUNCIL
FOR COMMUNITY BEHAVIORAL HEALTHCARE



For More Info and to Register Online: www.lifewayscmh.org

Questions? Email mhfa@lifewayscmh.org or Call 517.780.3366