



Mental Health First Aid - Adult 8-hour Course

Saturday February 23, 2019
8:00 am – 4:30 pm
Lunch provided

St. Gabriel Church
17435 NW West Union Rd.
Portland, OR 97229

REGISTRATION

Free program includes printed booklet. Registration required.

To register, please complete this form, save, and email to Peter Link – pete@namior.org or fax to **503-230-2751**

You may also register by phone by calling Peter Link at 503-230-8009.

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

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

Questions?

Contact Peter Link at pete@namior.org or 503-230-8009.

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.

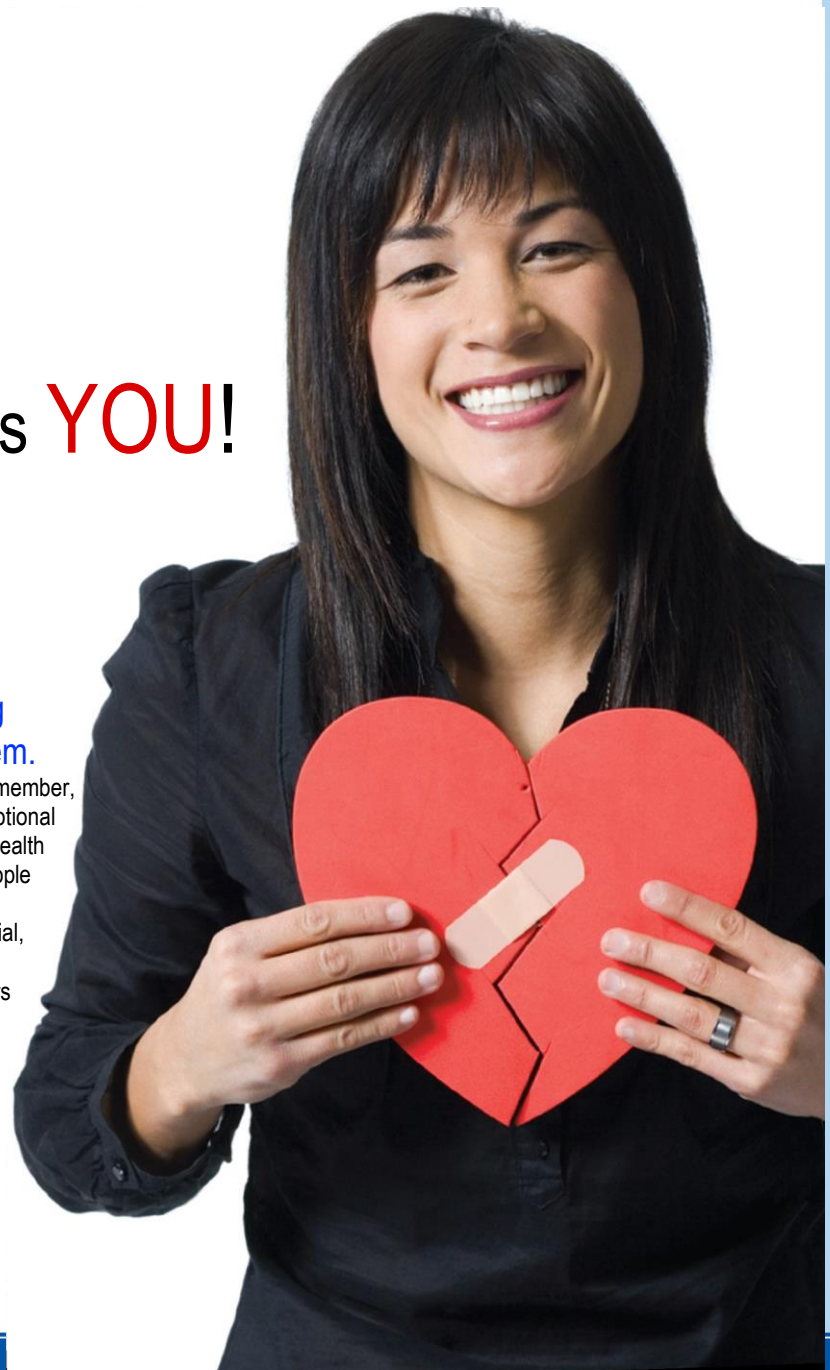
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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 — 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 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.



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See back for registration and contact information.

This course brought to you by **NAMI Oregon**, with generous support from **Providence Health & Services**.