



# Mental Health First Aid 8 hour Course 8:30-4:30 (1hr lunch)

Location:  
Bullhook Community Health Center  
521 4<sup>th</sup> Street  
Havre, MT 59501

REGISTRATION (Please circle which you wish to attend)

Youth Mental Health First Aid (geared towards those who work with youth)

Mental Health First Aid

To register, please email the information below to christoffersona@bullhook.com. If you do not have access to email, call 406.395.4305 ext 6907 or mail this completed form to:

Mental Health First Aid  
attn: Amanda Christofferson  
521 4<sup>th</sup> Street  
Havre, MT 59501

**Questions? Call Amanda 406.395.6907**

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 christoffersona@bullhook.com or call 406.395.6907**

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**.

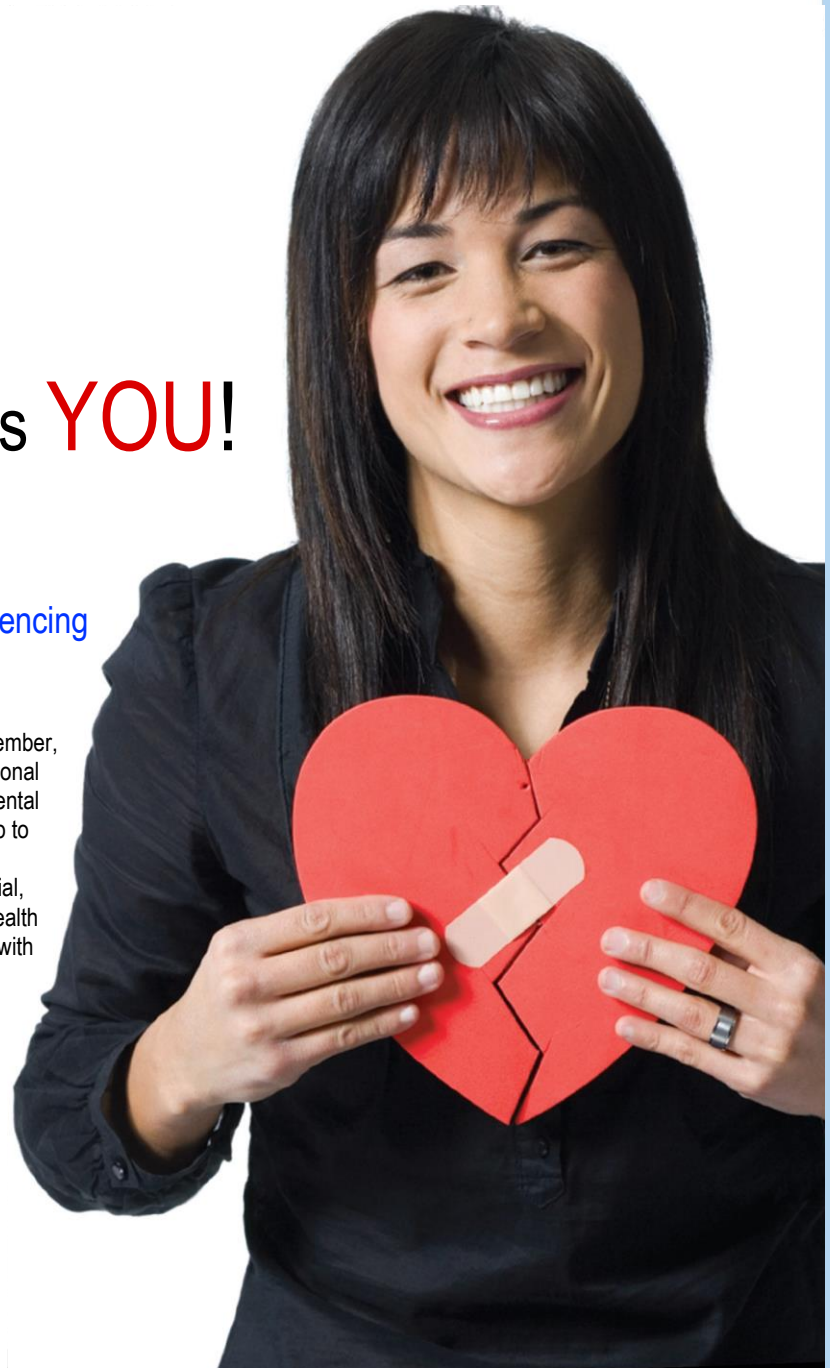
Sometimes, first aid is **YOU!**

A young person you know could be experiencing  
a mental health challenge or crisis.

You can help them.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs 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 Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

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



We have two classes available  
Mental Health First Aid  
Youth Mental Health First Aid (geared for those working  
with youth)

Classes are offered the 4<sup>th</sup> Friday of EACH month

Contact Amanda 406.395.6907 for registration  
information.

This course brought to you by the Mental Health  
Local Advisory Council & Bullhook Community  
Health Center.