MENTAL HEALTH
First Aid Training

Thursday, July 28, 2022

Prairie Lakes Healthcare System | 401 9th Ave NW, Watertown, SD
Medical Office Building B&C
Cost is FREE | 8 AM - 5 PM

Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis such as contemplating suicide. This is an evidence-based program widely used throughout the United States.

The goal of training is to help support an individual until appropriate professional help arrives. Mental Health First Aiders learn a strategy that includes: assessing risk, respectfully listening to and supporting the individual in crisis, identifying appropriate professional help and other supports.

Participants are introduced to risk factors and warning signs for mental health or substance use problems, will engage in experiential activities that build understanding of the impact of illness on individuals and families, and will learn about evidence-supported treatment and self-help strategies.

Mental Health First Aid is intended for people and organizations that make up the fabric of a community. Professionals who regularly interact with people such as police officers, nurses, human resource directors, primary care workers, school/college leadership, faith communities, and friends and family of individuals with mental illness or addiction are encouraged to attend.

TO REGISTER: Visit https://www.humanserviceagency.org/NEPrevention/neprctrainings.html. Any questions, please contact Stephanie Kinnander at stephaniek@humanserviceagency.org or (605) 884-3524. **Registration closes July 22nd.**

Sponsored by:

DSS Strong Families - South Dakota's Foundation and Our Future
NEPRC NE Prevention Resource Center
PRAIRIE LAKES Healthcare System

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