

Mental Health First Aid

12-hour Course

Wednesdays—November 7 & 14, 10:00 am to 4:00 pm
\$125.00 12 C.E.U.'s, textbook, refreshments, light lunch
\$ 50.00 if no C.E.U.'s

Stepping Stones
1612 Plainfield Road
Joliet, Illinois 60435

REGISTRATION

To register, please email the information below to info@namiwillcounty.org
If you do not have access to email, call 815-731-9103 or mail this completed form to:

NAMI Will-Grundy
MHFA
417 Taylor Street
Joliet, Illinois 60435

Questions? Call 815-731-9103

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 NAMI Will-Grundy @
(815) 731-9103

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.

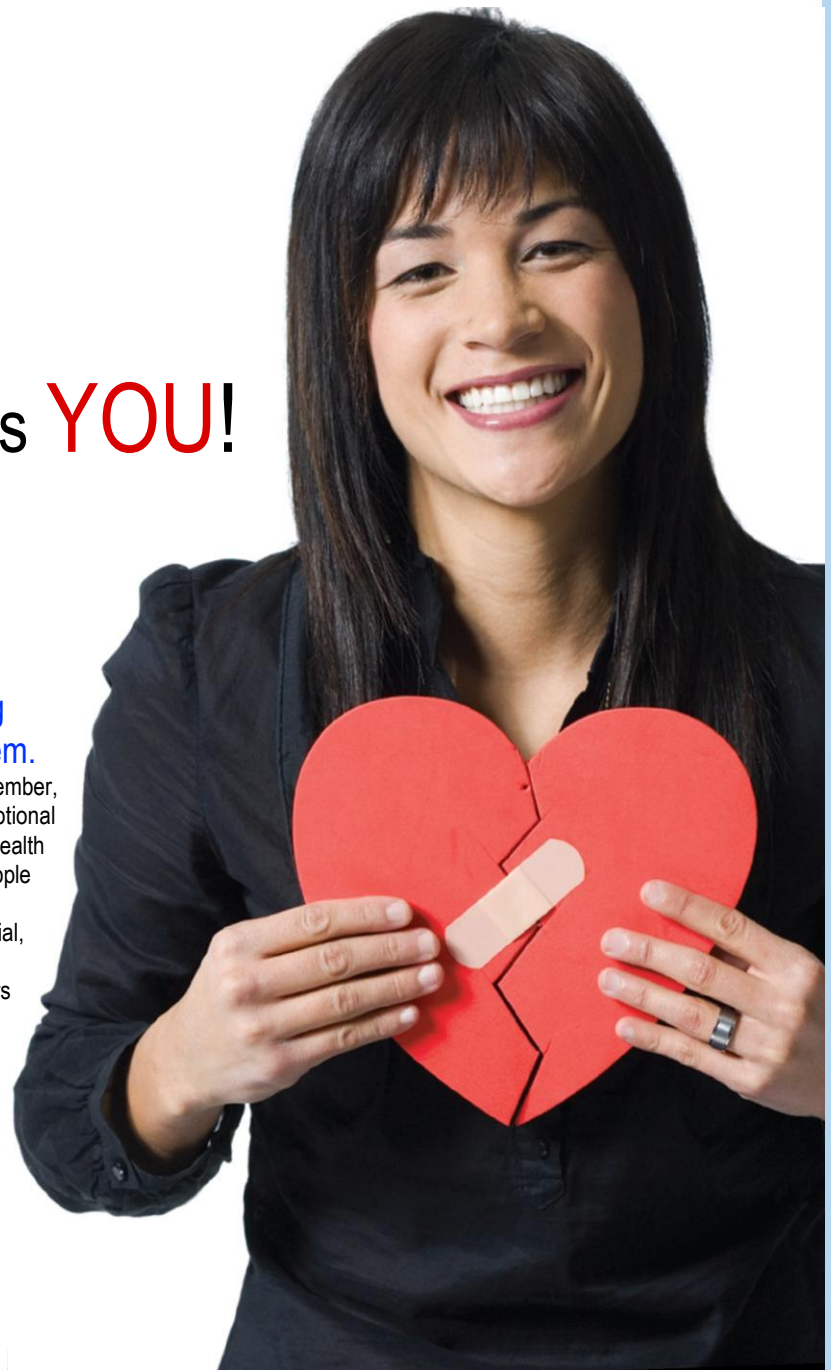
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

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 — 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.



Mental Health First Aid Course – 12-hour public course.

Wednesdays – November 7 & 14; 10 am to 4 pm

**Stepping Stones
1612 Plainfield Road
Joliet, Illinois 60435**

\$125.00 12 C.E.U.'s, textbook, refreshments
\$ 50.00 if no C.E.U.'s

See back for registration and contact information.

This course brought to you by
NAMI Will-Grundy (815) 731-9103