



MENTAL HEALTH FIRST AID



# Mental Health First Aid 12-hour Course Registration

Name \_\_\_\_\_

Phone number, if any \_\_\_\_\_

E-mail address, if any \_\_\_\_\_

Occupation and employer name, if any \_\_\_\_\_

Which of the three cities are you affiliated with? (circle one) Pomona, La Verne, Claremont  
(This class is intended for those that live, work, or serve in the Tri-City area)

How did you hear about this program? \_\_\_\_\_  
(From whom or location of flier)

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)

\_\_\_\_\_  
\_\_\_\_\_

Thursday Evenings:  
5:30pm – 8:30pm  
March 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>,  
and 29<sup>th</sup>  
in  
La Verne

These times do not  
work for me, but I  
would like to hear  
about future free  
trainings

Circle the option(s) above that work for you

To register, please email the information to [MHFA@tricitymhs.org](mailto:MHFA@tricitymhs.org) or FAX this form to (909) 865-0730.

A Community Mental Health Trainer will follow up with you to provide details of the class. If you have any questions, or if you would like to schedule a free class for your group, agency, or organization please email [MHFA@Tricitymhs.org](mailto:MHFA@Tricitymhs.org) or call (909) 784-3249.



### 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 [MHFA@tricitymhs.org](mailto:MHFA@tricitymhs.org) or Call (909) 784-3249**

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**.

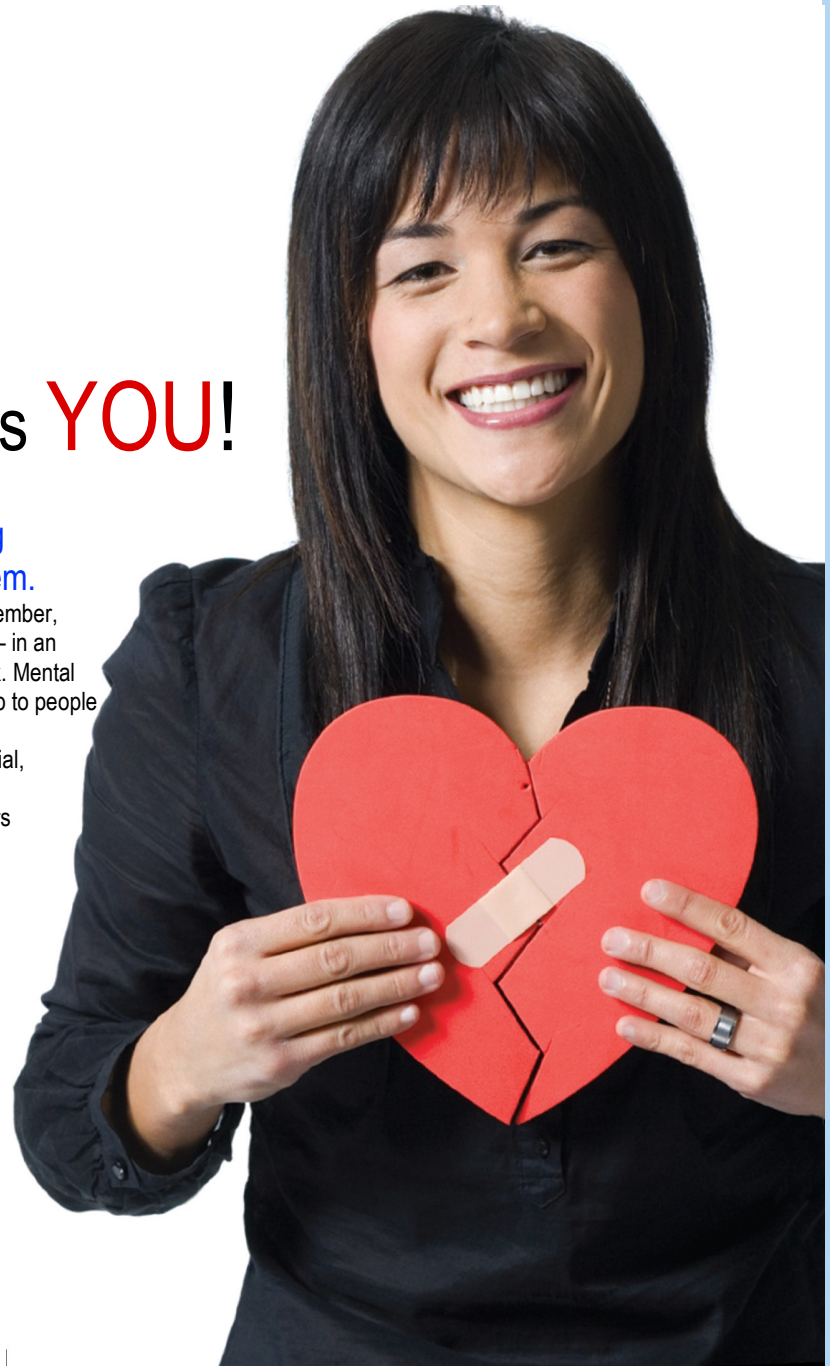
Sometimes, first aid is **YOU!**

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, customer, 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.

Tri-City Mental Health would like to invite  
you to a FREE Mental Health First Aid  
training.



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

**Participants must attend all 12 hours to receive certification.**

**Questions? Contact [MHFA@tricitymhs.org](mailto:MHFA@tricitymhs.org) or Call (909) 784-3249**

Class is FREE to participants, and includes necessary materials, manuals, and certificate

See back for registration and contact information.

This course brought to you by Tri-City Mental Health.