



Mental Health First Aid 12-hour Course

Brought to you by:



Date and Time:

Tuesday, January 22nd &
Wednesday, January 23rd
9:30 am – 4:30 pm each day
30 minute lunch on your own

Registration fee:

\$50
\$25 for students
Includes workbook

Location:

Beth Israel Medical Center
10 Union Square East, 2nd Floor Auditorium
New York, NY 10003

REGISTRATION

To register, please contact Omar Yusaf at Oyusaf@institute2000.org or 212-633-0800 x.1337.
Please mail this registration form and check payable to The Institute for Family Health to:

Institute for Family Health
attn: Omar Yusaf
16 East 16th St.
New York, NY 10003

For registration questions call Omar at 212-633-0800 x.1337

For course questions call instructors Ken Myers at 212-423-4500 x.2520 or Rebecca Green at 718-293-3900 x.1839

Name _____

Phone number _____

E-mail address _____

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 -

Ken Myers: 212-423-4500 x. 2520 kmyers@institute2000.org
Becky Green: 718-293-3900 x. 1839 rgreen@institute2000.org

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!**

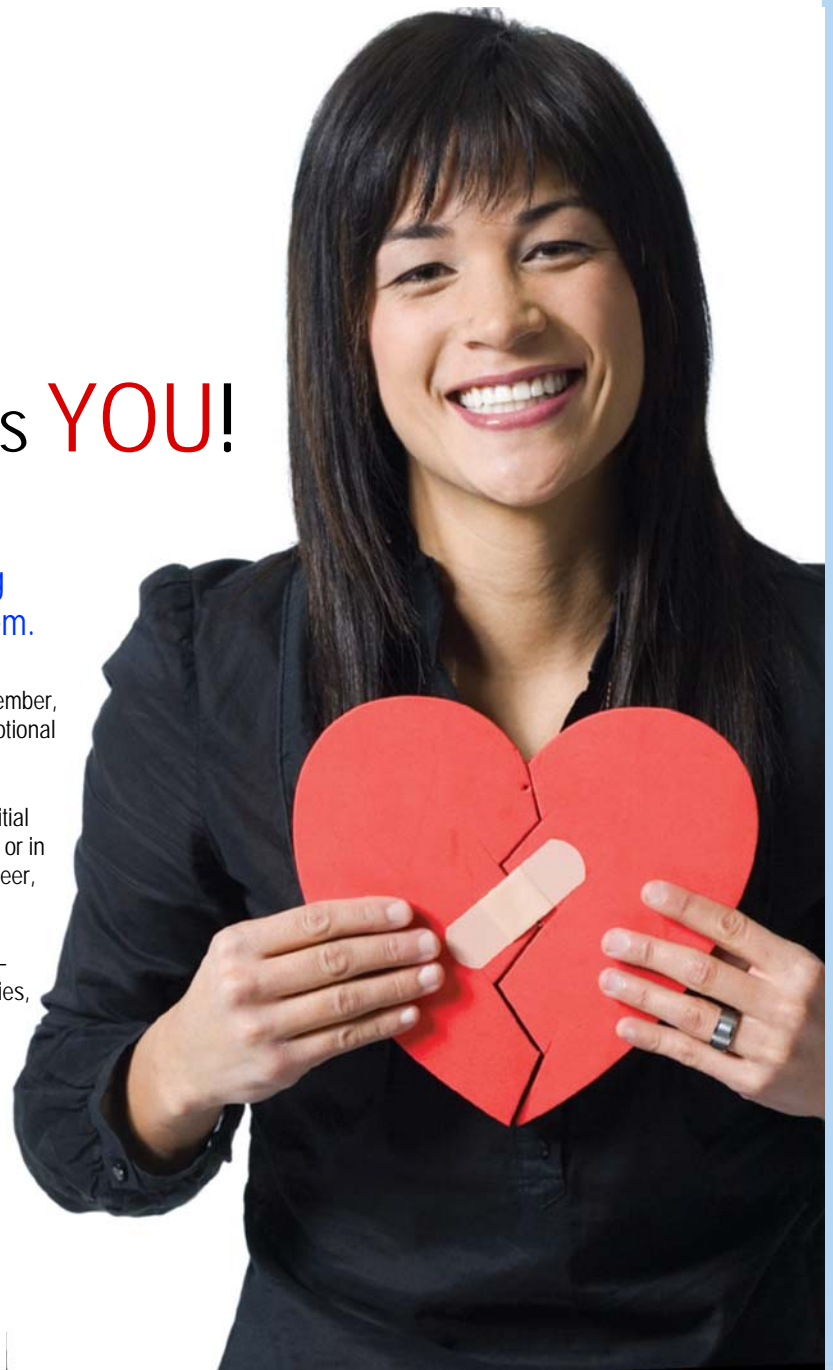
Someone you know could be experiencing
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, 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.

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See back for registration and contact information.

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