Why Mental Health First Aid?

First and foremost, there are two forms of Mental Health First Aid. Adult and Youth. Both courses are 8 hours in length but can be broken down to fit your needs.

About Adult Mental Health First Aid. The Adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis. The program assists the individual how to identify signs and symptoms of the most common types of mental illnesses. Topics covered include anxiety, depression, psychosis, and addictions. Participants will be taught a five step action plan to implement which will assist in dealing with a Mental Health Crisis. Individuals who will benefit from this are Public Service Employees, First Responders, and overall the general public.

More information is located here: https://www.nationalcouncildocs.net/wp-content/uploads/2013/10/About-MHFA.pdf

About Youth Mental Health First Aid. Youth Mental Health First Aid is designed for anyone 18 years and older who regularly interacts with young people. Most of the YMHFA trainings under the grant will be offered directly to organizations that focus on work with youth. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. Scheduling for upcoming trainings is currently in process

More information regarding Youth Mental Health First Aid is located here: https://www.nationalcouncildocs.net/wp-content/uploads/2013/10/Youth-Mental-Health-First-Aid-Overview.pdf

If interested in attending a training please contact the following:

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