



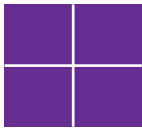
MENTAL HEALTH FIRST AID®



NCCADV

North Carolina Coalition Against Domestic Violence

Mental Health First Aid



People who enroll in local Mental Health First Aid courses learn a five-step action plan to help loved ones, colleagues, neighbors and others cope with mental health or substance use problems.



Mental Health First Aid is an evidence-based public education and prevention tool – it improves the public's knowledge of mental health and substance use problems and connects people with care for their mental health or substance use problems.



Similar to traditional First Aid and CPR, Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves.

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia. This training will feature examples that are specific to Domestic Violence

June 1, 2017 | 8AM-5PM | WILMINGTON, NC
TRAINING CHECK IN- 7:30am

REGISTRATION: <http://nccadv.org/training/training-calendar>

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