



Elkhart County Health Department

## ADULT MENTAL HEALTH FIRST AID 2020

### COMMUNITY TRAININGS

WEDNESDAY, MARCH 25TH  
WEDNESDAY, JUNE 24TH  
THURSDAY, SEPTEMBER 10TH  
WEDNESDAY, DECEMBER 2ND

CLASS: 8:00AM - 4:30PM

CHECK IN: 7:45AM

#### LOCATION:

ELKHART COUNTY  
HEALTH DEPARTMENT

608 OAKLAND AVE  
ELKHART, IN 46516

**Cost: \$ 25**

MHFA training is worth  
\$170.

Registration is  
required. Please  
register at  
[www.eventbrite.com](http://www.eventbrite.com).

#### LUNCH

⇒ Lunch is included.

⇒ Please bring your  
own lunch if you  
require dietary  
restrictions.

YOU ARE MORE LIKELY TO  
ENCOUNTER A PERSON IN AN  
EMOTIONAL OR MENTAL HEALTH  
CRISIS THAN SOMEONE HAVING  
A HEART ATTACK.  
WOULD YOU KNOW WHAT TO DO?

#### You will learn:

- ♦ The prevalence of mental illnesses in the U.S. and the emotional and economic cost.
- ♦ The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, and substance use disorders.
- ♦ A 5-step action plan to help an individual in crisis connect to professional care.
- ♦ Resources available to help someone with a mental health problem.

**Certification in Mental Health First Aid will be attained upon completion of the 8-hour training and course evaluation.**

For additional information, please contact

**Certified**

**Mental Health First Aid Instructors:**

Amanda Noland, MA  
[anoland@elkhartcounty.com](mailto:anoland@elkhartcounty.com)

or

Barb Welty  
Health Promotion Specialist  
[bwelty@elkhartcounty.com](mailto:bwelty@elkhartcounty.com)

574.523.2119

