

Making Connections: *Promoting Positive Mental Health*

SAMPLE



Mental Health First Aid: Community Training

18% of Americans suffer from Anxiety Disorder—
Would you recognize the signs; know how to help?
Did you know - You are more likely to encounter
someone experiencing an emotional crisis over a heart
attack.

Find out what you can do - Mental Health First Aid is
a ground breaking national education program that
helps the public identify, understand and respond to
signs of mental illnesses and substance use disorders.

Who can benefit from the training? Parents, health/
human service providers, educators, members of the
faith communities, police -people who care or who
work with the public.

Trainees completing the 12hr. Program become certi-
fied in Mental Health First Aid. You will learn: the
warning signs of the most common mental health
problems that Americans face, a 5 -step action plan to
help individuals in crisis connect to professional care,
and much more.

*This program is offered by the Somerville Health Department, Office of Pre-
vention's Committee on Suicide Prevention and Mental Health and Trauma
Response Network. Donation will help sustain our ability to continue to
offer this training and other programs in efforts to reduce stigma and pro-
mote positive mental health.*

Training will be held at:

VNA Assisted Living
Community
259 Lowell St.
Somerville, MA 02144
3rd floor Community Room

**Saturday November 5th
9am—3pm**

**Monday and Wednesday
Evenings**

**November 7th & 9th
6—9 pm**

A light breakfast and lunch will be
provided on Nov. 5th. Light dinner will
be provided on Nov 7th & 9th.

Cost: \$30 donation suggested

Register by: **October 25, 2011**

Contact: Patty Contente:
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