



# Mental Health First Aid 8-hour Course

Just as CPR helps you assist an individual having a heart attack – even if you have no clinical training – **Mental Health First Aid** helps you assist someone experience a mental health related crisis. This 8 hr certification course is valued at \$170.

April 8<sup>th</sup>, 2015: 9am – 3pm  
April 9<sup>th</sup>, 2015: 9am – 12pm

CHA – Malden, conference rooms  
195 Canal Street  
Malden, MA 02148

This location is universally accessible and ample parking available on site.

### TO REGISTER:

**Please enclose a check made out to “Cambridge Health Alliance” to cover the \$45 registration fee and mail by March 20<sup>th</sup> using address below.** This fee will cover all meals and course materials. Lunch is provided for both days. This training is being offered on a first-come, first-served basis. **Once we receive your payment, your spot will be secured.** When this training is filled, we will be happy to reserve a space for you on a waitlist.

Cambridge Health Alliance, Dept. of Community Health Improvement  
Attn: Jaime Lederer  
230 Highland Ave.  
School of Nursing – 5<sup>th</sup> Floor  
Somerville, MA 02143

Questions? Contact Jaime Lederer, 617-591-6808

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Agency & position: \_\_\_\_\_

Address: \_\_\_\_\_

*This project is sponsored by CHNA 16 with support from Cambridge Health Alliance.*

 **CHA** Cambridge Health Alliance **North Suburban Community Health Alliance (CHNA 16)**



### *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 Jaime Lederer, [jlederer@challiance.org](mailto:jlederer@challiance.org) or 617-591-6808.**

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.