

# Making Connections: *Promoting Positive Mental Health*



## Mental Health First Aid

### *& Introduction to Wellness Strategies*

*If someone has a heart attack, you can call 911. But if someone has a panic attack, do you know what to do?*

**With 1 in 4 Americans having a diagnosable mental illness, you're more likely to encounter someone having an emotional or mental crisis than someone having a heart attack.**

**Mental Health First Aid training is part of a groundbreaking national education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders.**

**The course introduces participants to risk factors and warning signs of mental health problems, including substance use, eating disorders, depression and anxiety. The course builds understanding of the individual, family and community impact of these problems and overviews treatments. Participants learn a five-step action plan to assess a situation, implement interventions and secure appropriate care for the person experiencing a crisis.**

**There is also a great deal of evidence supporting the health benefits of mindfulness and relaxation techniques. So we've added in an introduction to Wellness Strategies to add to your tool kit for health.**

**Trainees become certified in Mental Health First Aid.**

*This project is sponsored by the Somerville Health Department and the Somerville Community on Suicide Prevention & Mental Health, with support from the Somerville Community Health Agenda at Cambridge Health Alliance.*

## *This is a community training open to the public*

A certificate program that will offer over 3 Thursday Evenings

March 26, April 2, & April 9, 2015

5: 30 p.m. to 8:30 p.m.

School of Nursing

125 Lowell St.

Somerville, MA 02144

1st Floor Conference Room

Light Dinner Provided

Suggested Donation: \$40

Registration required, Contact Patty

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**Individuals with disabilities who need auxiliary aids and services for effective communication, written materials in alternative formats, or reasonable modifications in policies and procedures, in order to access the programs and activities of the City of Somerville or to attend meetings, should contact the City's ADA Coordinator, Betsy Allen, at extension 2323 or [ballen@somervillema.gov](mailto:ballen@somervillema.gov).**



**Public Health**  
Prevent. Promote. Protect.



Cambridge Health Alliance

Somerville Community Health Agenda



**SOMERVILLE CARES ABOUT PREVENTION**

Together we can make a difference



**MENTAL HEALTH FIRST AID**