



Mental Health First Aid



February 28, 2019

8:30a-5:00p

Platte County Health Department-
Parkville

What is Mental Health First Aid?

An 8-hour course teaching Participants to learn how to:
Give first aid in a mental health crisis and/or early stages of mental health problems
Identify early stages of mental health problems
Observe signs and symptoms of the most common mental Health problems and know where and when to get help.

You will learn:

- 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.

Registration

Cost is free and includes; A participation manual and lunch.

Mental Health Registration Deadline is February 26,2019. Please return your registration to Candis Desselle Email: candisd@tri-countymhs.org

Phone: (816) 877-0456

Name _____
Employer _____
City _____
Telephone: _____

Title _____
Address _____
State _____
Email _____