



Training Announcement - FREE

ADULT MENTAL HEALTH FIRST AID

FOR LAW ENFORCEMENT, LAW ENFORCEMENT ADMINISTRATION,
CORRECTIONS AND PUBLIC SAFETY
8 HOUR COURSE

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adults including: anxiety, depression, psychosis, suicidal thoughts and behaviors, and substance use disorders.

Participants learn a core five-step action plan to support an individual developing or showing signs and symptoms of mental illness or in an emotional crisis:

Assess for risk of suicide or harm, Listen nonjudgmentally, Give reassurance and information, Encourage appropriate professional help and Encourage self-help and other support strategies.

By the end of the training participants will have appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem.

Columbia County Sheriff's Office

4917 US Highway 90

Lake City, FL 32055

June 30, 2017

8:30 am – 5:00 pm

Presenter: Leah Vail Compton

If interested please register on the Meridian
website at mbhci.org

