



MENTAL HEALTH FIRST AID®

Gila River Health Care BHS Prevention Program promotes a suicide-safer community.
Mental Health First Aid is full day training for adults, funded by program grants and is offered at no cost to GRIC.

OBJECTIVE OF MHFA TRAINING:

MHFA trainings are taught through lecture, group, and interactive role playing settings. Participants will learn how to:

- Identify warning signs, risk factors, and protective factors.
- Assist a person who may be in the early stages of developing a mental health issue.
- Assist a person who may be in a mental health crisis.
- Identify *appropriate* community resources.

IMPORTANT TRAINING INFORMATION:

- Training is from 8:30 AM to 5:00 PM.
- Trainings register a minimum of 6 people total and a maximum of 20.

UPCOMING TRAINING DATES:

- YOUTH MHFA** | Thursday August 23, 2018 District 6 Dialysis Center
- ADULT MHFA** | Wednesday September 12, 2018 District 6 Dialysis Center
- YOUTH MHFA** | Thursday October 4, 2018 District 3 Dialysis Center
- ADULT MHFA** | Wednesday November 7, 2018 District 2 Service Center
- YOUTH MHFA** | Thursday December 6, 2018 District 6 Dialysis Center

For more information or to register for a this training please feel free to contact the BHS Prevention Program Mental Health First Aid Contact at (520) 562-3321 x1514 or email at aliciar@grhc.org

Emergencies, always dial 911 | GRIC Crisis Line 1-800-259-3449



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MHFA REGISTRATION FORM

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Name: _____

Preferred Form of Contact: Phone Call Email Text Message

Email: _____ Phone: _____