



MENTAL
HEALTH
FIRST AID

Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

In recognition of May being Mental Health Awareness Month, UCFS is pleased to sponsor a Youth Mental Health First Aid Course.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack.

Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care.

Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens

Tuesday, May 12, 2015

8 am – registration

8:30 am – 5 pm. – training

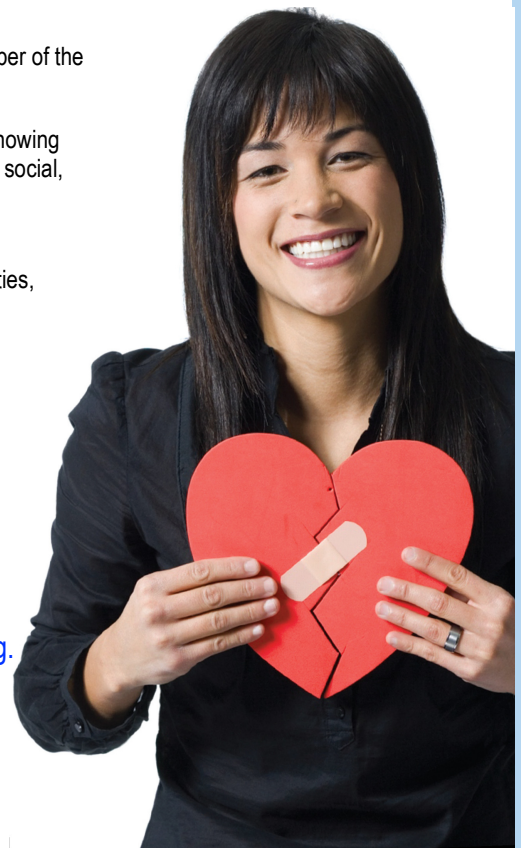
The Edward & Mary Lord Family Health Center, 47 Town Street, Norwich

This course is **free** and open to the first 25 people who register.

To register, please call Jennifer Ermler at 860-822-4147 or jermler@ucfs.org.

Certification will be received for taking the class.

A light breakfast and lunch will be served.



*Sometimes, the best first aid is you.
Take the course, save a life, strengthen
your community.*


United Community & Family Services