

# Mental Health First Aid

8-hour Course

**\$170.00 Value Offered at no cost**

Sometimes, first aid is not a **bandage**,  
or **CPR**, or the **Heimlich**, or calling **911**.  
Sometimes, first aid is **YOU!**

*The Carroll County Health Department (CCHD) and Carroll Community College (CCC) are happy to announce that we will be resuming MHFA courses, in person!*

*Someone you know could be experiencing a mental illness or crisis. You can help them.*

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms 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 Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

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



**Dates: Adult Curriculum**

**June 24<sup>th</sup> & 25<sup>th</sup>, 2021**

**12:00PM – 4:30PM**

**July 14<sup>th</sup> & 15<sup>th</sup>, 2021**

**5:00PM – 9:30PM**

**September 13<sup>th</sup> & 14<sup>th</sup>, 2021**

**12:00PM – 4:30PM**

**October 7<sup>th</sup>, 2021**

**8:30AM – 5:00PM\*full day w/ 30 min lunch break**

**December 16<sup>th</sup> & 17<sup>th</sup>, 2021**

**8:30AM – 1:00PM**

**Dates: Youth Curriculum**

**August 5<sup>th</sup> & 6<sup>th</sup>, 2021**

**8:30AM – 1:00PM**

**November 8<sup>th</sup> & 9<sup>th</sup>, 2021**

**12:00PM – 4:30PM**

**Location: Carroll Community College**

**\*\*Instructors and participants will be practicing physical distancing and will be wearing face coverings\*\***

Mental Health First Aid Classes are sponsored by a partnership between CCHD and CCC.



**ALGEE, the Mental Health First Aid Action Plan**

- A**ssess for risk of suicide or harm
- L**isten nonjudgmentally
- G**ive reassurance and information
- E**ncourage appropriate professional help
- E**ncourage self-help and other support strategies

To register contact Carroll Community College, Instant Enrollment [www.carrollcc.edu/instantenrollment](http://www.carrollcc.edu/instantenrollment) or call 410-386-8100

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.