

Community Class



Jefferson Center
for mental health



City of
Golden
PARKS AND RECREATION

WHO SHOULD ATTEND

- Teachers, administrators, college faculty and clergy
- Employers, human resources and other professionals
- Hospitals and primary care health centers
- Law enforcement, human services, and other first responders
- Families and caring citizens

YOU!



MENTAL HEALTH
FIRST AID
COLORADO



Mental Health First Aid

An interactive course to empower you to identify, understand and respond to those in a mental health crisis.

Mental Health First Aid is an innovative, 8-hour course designed to give you the tools to recognize a range of mental health problems and the skills and confidence to help someone in a mental health crisis. The program provides a concrete action plan to help someone in crisis connect with appropriate professional, peer, and self-help care.

When: August 7 & 14 • 12:00 – 4:00 p.m.

Where: Golden Community Center

1470 10th St, Golden, CO 80401 • Community Room

FREE! Register at www.mhfajcmh.org
Includes book, training and lunch

YOU WILL LEARN

- ✓ The warning signs and risk factors for depression, psychotic disorders, substance use and more.
- ✓ A 5-step action plan to help someone in crisis connect to professional care.
- ✓ Resources available to help someone with a mental health problem.

Jefferson Center for Mental Health First Aid participants comment:

"I think that this is a much needed course for anyone dealing with the public."

"It was an interesting course that I will be able to put into practice at my job & elsewhere in my life."

"I gained a better understanding of mental illness and a confidence to help when necessary."

For more information, please contact
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