



Extension



Mental Health First Aid in Cass County

When: Tuesday, December 11, 2018, 8:00 AM to 5:30 PM EST

Location: Purdue Extension Cass County
Cass County Government Building- Bicentennial Room
200 Court Park
Logansport, IN 46947

Cost: \$50.00 per participant; Registration required, workbook & lunch included

*Registration: For more details and to sign-up, visit <http://www.cvent.com/d/kbqwz3>; deadline is December 3

For more information, please contact Jane Horner with Purdue Extension Cass County at horner8@purdue.edu or by calling 574-753-7750

What is Mental Health First Aid?

Mental Health First Aid is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. Mental Health First Aid educates on signs and symptoms of a variety of mental health disorders such as anxiety, depression, substance use, trauma and deliberate self-injury. Participants will learn how to assist those in need during specific situations in an attempt to get an individual appropriate help from a health professional.

Skills for having conversations about mental health and supporting those who may need help are practiced throughout the training. These skills learned may help when navigating challenging circumstances taking place in one's own life or among friends and family. Raising awareness and understanding of these disorders can reduce the stigma often associated with seeking appropriate resources and care.