



# Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

**Mental Health First Aid is a course that teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. The training gives you the skills to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.**

**\*This training is for those who are not clinicians and does not offer CEs\***

**WHEN:** All courses are from 9:00am-5:00pm.

**Adult Courses (for individuals helping adults):**

January 7, 2025 @ MISD

February 20, 2025 @ MISD

April 9, 2025 @ MCCMH West

June 25, 2025 @ MCCMH West

July 10, 2025 @ MCCMH West

October 9, 2025 @ MISD

November 18, 2025 @ MISD

**Youth Courses (for individuals helping children)**

May 13, 2025 @ MCCMH West

August 18, 2025 @ MISD

**WHERE:**

**MCCMH West, Training Department**

6555 15 Mile Rd. Sterling Heights, MI

**OR**

**Macomb Intermediate School District (MISD)**

44001 Garfield Road, Clinton Township, MI

**WHY:**

Mental health challenges – such as depression, anxiety, psychosis and substance use – are common in the United States. In fact, more than one in five Americans will have a mental health problem in any given year. The National Council for Mental Wellbeing certifies individuals throughout the nation, including Macomb County CMH, to provide Mental Health First Aid courses to prepare their communities with the knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The training helps the public better identify, understand, and respond to signs of mental illnesses in youth and adults.

**TRAINERS:**

Agnes Ward, Traci Smith, Anne Bicego, Marchelle Washington, Karen Slattery and Leslie Styer of Macomb County Community Mental Health

**TO REGISTER, EMAIL: [Trainingoffice@mccmh.net](mailto:Trainingoffice@mccmh.net)**

*For more information on Mental Health First Aid, visit [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org)*