



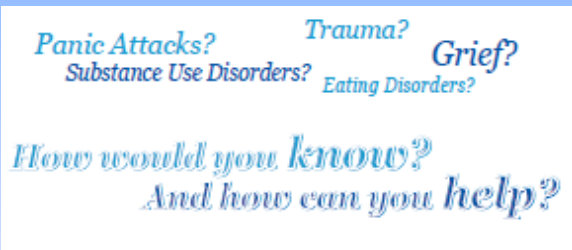
Learn-Lead

MENTAL HEALTH FIRST AID

A 12-hour course that prepares members of the public to provide Mental Health First Aid to those in need.

You may know CPR and the Heimlich Maneuver. You can call 911. But can you administer First Aid in a mental health crisis?

It's easy to tell when someone might be suffering from a heart attack, is choking, or is unable to breathe. But what does depression look like? Or anxiety? Have you met people experiencing suicidal thoughts or behaviors?



MENTAL HEALTH FIRST AID =

The initial help given to a person showing symptoms of mental illness or in a mental health crisis (severe depression, psychosis, panic attack, suicidal thoughts and behaviors...) until appropriate professional or other help, including peer and family support, can be engaged.

FEB. 23 AND MAR. 1

(both Thursdays)

9 a.m.—4 p.m.

\$80

(includes course instruction, materials, lunch and snacks on both days)

At the synod office

12941 I-45 North, Suite 210

Houston, TX 77060

281-873-5665

For more information, including a brochure, complete course agenda and registration link, please visit

www.gulfcoastsynod.org/learnlead.html

