



MENTAL HEALTH FIRST AID

8 Hour Course (9:00am-5:00pm)

DATE OF REQUESTED COURSE _____

TYPE OF REQUESTED COURSE (Adult or Youth) _____

VENUE LOCATION: Southwest Behavioral Health Center City _____

REGISTRATION

To register, please e-mail this completed form to mgriffin@sbhcutah.org. If you do not have access to e-mail, please mail this completed form to:

Southwest Behavioral Health Center
Attn: Mona Griffin
474 West 200 North
St. George, UT 84770

QUESTIONS: Call (435) 634-5638 or e-mail mgriffin@sbhcutah.org

Name _____

Phone Number _____

E-Mail Address _____

Brief description of why you're enrolling in this course: (examples: help family member or loved one, better serve clients with mental health issues, seeking general mental health information)



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

The National Council for Behavioral Health was instrumental in bringing Mental Health First Aid to the U.S. in 2008.