



Mental Health First Aid

REQUEST TRAINING FORM

REQUESTED DATE(S) - may list several possibilities:

REQUESTED COURSE (Adult, Youth, Public Safety) _____

ANTICIPATED NUMBER OF ATTENDEES (Minimum 10) _____

NAME _____

PHONE NUMBER _____

E-MAIL ADDRESS _____

ADDITIONAL COMMENTS:

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



ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage 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.