Mental Health First Aid Training

What is Mental Health First Aid training? Mental Health First Aid is an 8 hour interactive training course. Mental Health First Aid certification introduces participants to risk factors and warning signs of mental health problem and builds understanding of their impact and overviews common treatments.

Participants will learn:
- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, substance use disorders, and self-injury
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care

Who should attend Mental Health First Aid training? MHFA is for the general public, including clergy, educators, law enforcement, medical staff, school personnel, and anyone who wants to learn how to help someone experiencing a mental health challenge. Youth Mental Health First Aid training is for adults who interact with adolescents aged 12-18.

MHFA is provided by PermiaCare. For more information, see our website at www.permiacare.org. PermiaCare can provide a custom MHFA training to any group. Contact daliaramirez@permiacare.org for more information.

2020 Youth Mental Health First Aid Trainings

Wednesday, February 12
8:30am—5pm
*registration deadline: 2/05/20*

Friday, April 3
8:30am—5pm
*registration deadline: 03/27/20*

Friday, May 8
8:30am—5pm
*registration deadline: 5/01/20*

Friday, September 25
8:30am—5pm
*registration deadline: 09/11/20*

2020 Adult Mental Health First Aid Trainings

Friday, February 28
8:30am-5pm
*registration deadline: 02/21/20*

Friday, April 10
8:30am-5pm
*registration deadline: 04/03/20*

Friday, May 1
8:30am-5pm
*registration deadline: 04/24/20*

All trainings take place at 401 East Illinois, Suite 103; Midland TX
Lunch is provided for all day trainings.

Pre-registration: $50
Registration after the deadline: $80

School district and University employees are free.
To register, complete the registration form and email to daliaramirez@permiacare.org or fax to 432-570-3420.
Mental Health First Aid Training
REGISTRATION FORM

To register, please email or fax this registration form to daliaramirez@permiacare.org or 432-570-3420 or mail this completed form and your payment to:
PermiaCare
Attn: Dalia Ramirez
401 E Illinois, Suite 400; Midland TX 79701

Please choose an 8 hour training:
YOUTH MENTAL HEALTH FIRST AID TRAININGS:
____ February 12 from 8:30am to 5pm (deadline to register: 2/05/20)
____ April 3 from 8:30am to 5pm (deadline to register: 03/27/20)
____ May 8 from 8:30am to 5pm (deadline to register: 05/01/20)
____ September 25 8:30am to 5pm (deadline to register: 09/11/20)

ADULT MENTAL HEALTH FIRST AID TRAININGS:
____ February 28 from 8:30am to 5pm (deadline to register:02/21/20)
____ April 10 from 8:30am to 5pm (deadline to register:04/03/20)
____ May 1 from 8:30am to 5pm (deadline to register:04/24/20)

All trainings will be located at:
PermiaCare (formerly Permian Basin Community Centers)
401 E Illinois, Suite 103; Midland TX 79701

Cost: $50 if pre-registered before deadline (school district and university employees are free of charge)
$80 if registered after deadline Questions? Call 432-570-3322.

Name ___________________________ Phone number __________________

Occupation and employer name, if any _________________________________

Mailing Address: _____________________________________________________

E-mail address _______________________________________________________

We will email you a reminder prior to the training.

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

Class is limited to the first 25 registered and paid individuals.

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

Questions? Contact daliaramirez@permiacare.org or call 432-570-3322.

Mental Health First Aid USA is certified by the National Council for Community Behavioral Healthcare. MHFA training is provided by PermiaCare.