

Mental Health First Aid Training

Mental Health First Aid is an internationally known, evidenced-based program. Similar to First Aid classes, which provide training on the steps needed to identify and assist a person experiencing a physical crisis, Mental Health First Aid (MHFA) trains the attendees, regardless of their education background, in the steps needed to help someone who may be experiencing a mental health crisis. This in-person, eight hour training is comprehensive, providing instruction and allowing time for practice and role play. The trainee will be able to confidentially identify and distinguish between crisis and non-crisis situations and then provide the appropriate mental first aid. At the end of the program, the trainee receives a three-year certification in MHFA.



This training also provides:

- Information on depression, anxiety, trauma, psychosis, and addiction disorders
- A 5-step action plan to help someone developing a mental health problem or in crisis
- Where to turn for help — professional, peer, and self-help resources
- Instruction on communication that works vs. communication which escalates the situation

ERH Parish Health Ministry is excited to announce that it has partnered with Premier Health Partners' Good Samaritan Hospital Health Ministry Program to offer the Mental Health First Aid course on Friday, October 23, 2015, 8:00 a.m. to 5:30 p.m. at Miami Valley Hospital South. Jennifer Cox, MA, R- DMT, and Rochel  Burnette, MA, of Eastway Behavioral Health will be the presenters. [Click here](#) to view the program flyer. For questions, contact Rhonda Johnson at rjohnson@erhinc.com or visit our website at <http://www.episcopalretirement.com/parish-health-ministry/educational-opportunities>.