



Mental Health First Aid 12-hour Course

April 12, 19, and 26, 2012
Thursdays, 3:00pm – 7:00pm

Ecker Center, PSR room
1845 Grandstand Place, Elgin, IL 60123

REGISTRATION

To register, please email the information below to mwrona@eckercenter.org. If you do not have access to email, call 847-695-0484 x321 or mail this completed form to:

Ecker Center for Mental Health
Attn: Michelle Wrona
1845 Grandstand Place
Elgin, IL 60123

Name _____

Phone number _____

E-mail address _____

Occupation and employer name _____

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)

Cost is \$45 per person. Checks can be made payable to **Ecker Center for Mental Health** and mailed to:

Ecker Center for Mental Health
Attn: Accounting Dept.
1845 Grandstand Place
Elgin, IL 60123

Questions? Call Michelle Wrona at 847-695-0484 x321



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*

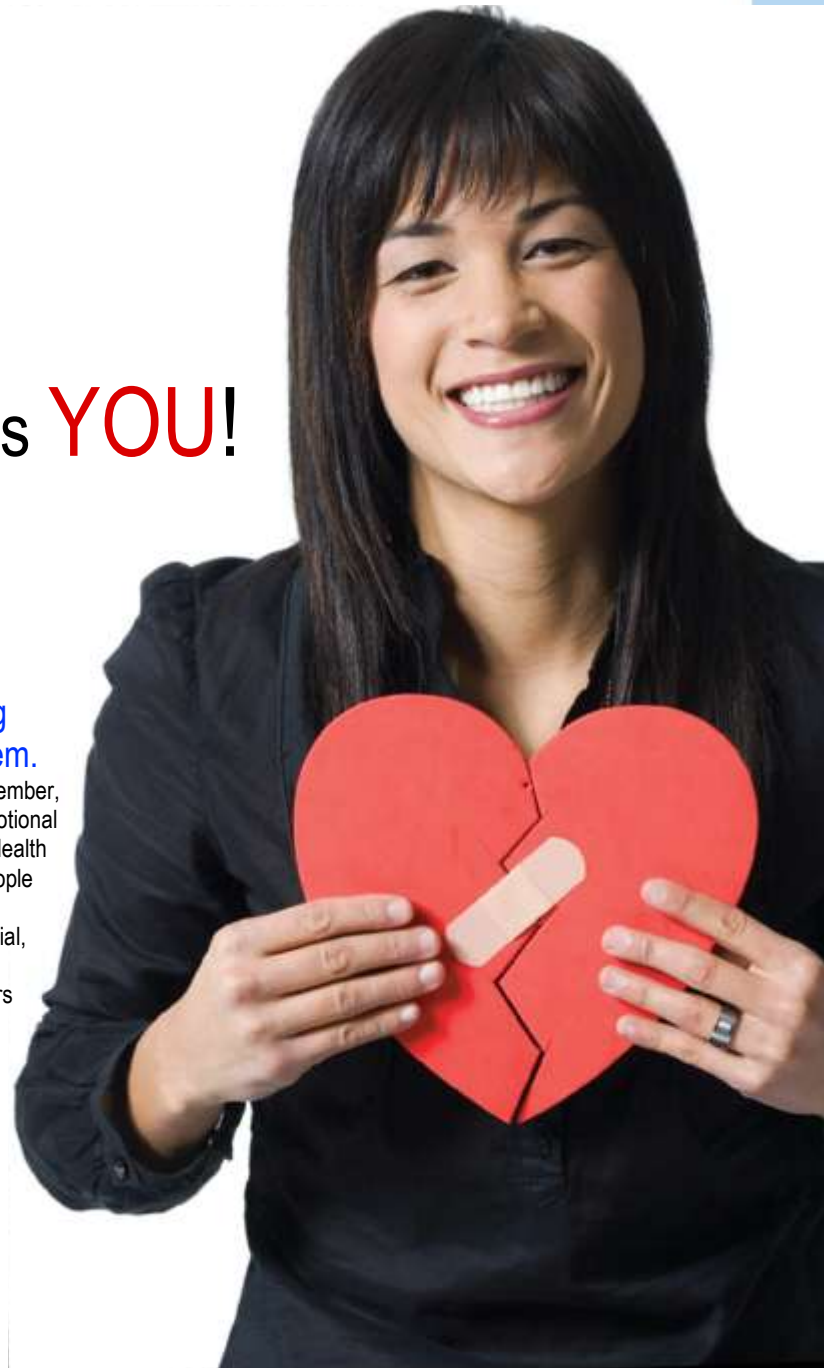
Sometimes, first aid isn't
a **bandage**,
or **CPR**,
or the **Heimlich**,
or calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing
a mental illness or crisis. You can help them.

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 12-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Sometimes, the best first aid is you.
Take the course, save a life, strengthen
your community.



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