

# Mental Health First Aid Training Series

## Location for All Trainings

The University of Findlay  
Alumni Memorial Union  
Endly Room

164 Frazer Street  
Findlay, Ohio 45840

*(Room temperature can vary, please dress accordingly.)*

## Registration Deadline

One week prior to the selected training.

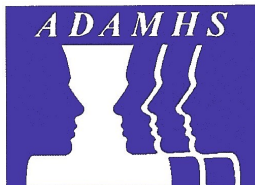
Registrations will be accepted online only.

[www.yourpathtohealth.org](http://www.yourpathtohealth.org)

Click on the link  
“MENTAL HEALTH FIRST AID”  
to submit your registration.

*Training Sponsored By:*

Hancock County Board of Alcohol, Drug  
Addiction & Mental Health Services



*Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to their appropriate professional, peer, social, and self-help care.*

## Mental Health First Aid

This course is appropriate for anyone 18 years or older who wants to learn how to help an adult who may be experiencing a mental health related crisis or challenge.

**TRAINING OPPORTUNITIES (Select one training):**

**May 5, 2017—8:00am-5:00pm**

Training led by Karyn Westrick & Ginny Williams,  
*Certified Mental Health First Aid Instructors*

## Youth Mental Health First Aid

**(for anyone who interacts with youth)**

This course is designed to introduce the unique risk factors and warning signs of mental health problems in adolescents and how to respond appropriately to an adolescent who is experiencing a mental health related crisis or challenge.

**TRAINING OPPORTUNITIES (Select one training):**

**June 2, 2017—8:00am-5:00pm**

Training led by Ellyn Schmiesing,  
*Certified Mental Health First Aid Instructor*

- A minimum of 15 participants is required per training.
- To receive certification as a Mental Health First Aider, participants must attend the full 8-hour training. Each training opportunity is a complete training and participants only need to attend one session.
- A registration fee of \$25.00, which includes workbook, training materials, and lunch, is due prior to the beginning of the selected training.
- Registrations fees may be submitted to:  
ADAMHS  
438 Carnahan Avenue  
Findlay, Ohio 45840
- Contact Hours are offered through the Hancock County Educational Service Center for teachers and education staff.
- Questions? Please call 419-424-1985 or email [zthomas@yourpathtohealth.org](mailto:zthomas@yourpathtohealth.org)

For additional information, please visit [www.yourpathtohealth.org](http://www.yourpathtohealth.org)