



FREE EVENT



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

This course will teach you how to apply the MHFA Action Plan (ALGEE):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

In 2020, suicide was the third leading cause of death, respectively, for blacks or African Americans, ages 15 to 24.!
Source: HHS.gov, Office Of Minority Health

In 2021 48,183 people died by suicide in the US. That is 1 death every 11 minutes
Source: Centers for Disease Control and Prevention

This Course is Designed for Adults, Aged 18 years and Older.

RESERVE YOUR SEAT TODAY!

Participants will receive Certification in MHFA. Seating is limited to 30 participants in each In-Person session. Training consists of (2) hours of self-paced, online pre-work and 5.5 hours In-Person Skills Instruction. Online pre-work must be completed prior to attending the In-Person session. This course is eligible for 7.5 contact hours of continuing education credit.. (Each session includes continental breakfast, lunch, and break).

2024 CLASS SCHEDULE

MARCH 16, 2024	8:30am—4:00pm	Registration Deadline	March 10, 2024
MAY 18, 2024	8:30am—4:00pm	Registration Deadline	May 12, 2024
JUNE 1, 2024	8:30am—4:00pm.....	Registration Deadline	May 26, 2024
SEPTEMBER 14, 2024	8:30am—4:00pm.....	Registration Deadline	September 8, 2024

LOCATION: Mt. Carmel Baptist Church ■ 9610 East 42nd Street ■ Indianapolis, IN 46235

HOW TO REGISTER: mhfa.pannell@gmail.com

Send Your Name, Email Address, Phone Number and Session Choice to the above email address. You will receive a confirmation email with instructions on accessing your online pre-work.

This event is made possible through the Indianapolis Urban League and the Indianapolis African American Quality of Life Initiative (IAAQLI) Grant



Mt. Carmel Baptist Church



Eta Chi Chapter, Chi Eta Phi Sorority, Inc.