



Mental Health First Aid – Camp Verde Free 8 Hour Training

Learn how to help a loved one, an employee or a neighbor experiencing a mental health crisis and how to offer support to someone who appears to be in emotional distress.

**Friday, September 15, 2017
8AM-5PM**

**Camp Verde Community Library
130 Black Bridge Road, Camp Verde, AZ 86322**

Sponsored by Mental Health Coalition Verde Valley
Taught by Spectrum Healthcare Group

Mental Health First Aid teaches you:

- Signs of addictions and mental illnesses
- 5-step action plan to assess a situation and help
- Impact of mental and substance use disorders
- Local resources and where to turn for help

This course is FREE and open to members of the community. Continuing education credit may be available to those attending the 8-hour session.

Professional instructors from Spectrum Healthcare teach the course which includes lecture, videos, group activities and reference materials covering first aid for mental health problems including depression, anxiety disorders, psychosis, and substance use disorders.

Class limited to 24. Register today. Contact Barbara Litrell, Mental Health Coalition Verde Valley at 649-0135 or blitrell@aol.com. Bring your lunch. Snacks/Bevs provided.