

MENTAL HEALTH FIRST AID CLASSES

Hello,

Alliant Quality and its valued community partners would like to share the November and December Mental Health First Aid training schedule. These classes are provided at **no cost** to participants.

We have added an additional training to the October schedule. The class will be held on October 24, 2019 at 5300 Oakbrook Parkway Norcross, GA. There are 15 spaces available.

Training Date	Agency	Location	Available Spaces
12/11/2019	Mercy Care	5134 Peachtree Rd Chamblee, GA	25
12/13/2019	Oakhurst Medical Centers <i>Lunch will be provided by the host agency at this event only</i>	5582 Memorial Drive Stone Mountain, GA	15
12/19/2019	Four Corners Primary Care Centers	5300 Oakbrook Pkwy Norcross, GA	20

If you are interested in attending one of these events, email Mentalhealthfirstaid@allianthealth.org to reserve your spot. Please be sure to specify your desired training date. These classes will be held from 8:30 a.m. - 5 p.m. with an hour break for lunch. **(Lunch will be on your own unless otherwise noted)** Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental health issues, builds understanding of their impact, and provides an overview of appropriate supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect people to the appropriate professional, peer, social and self-help care. The program also covers common risk factors and warning signs of specific illnesses like anxiety, depression, substance use, bipolar disorder, eating disorders and schizophrenia.

Please feel free to share this information.

Best,
Stacy