

- Mental Health First Aid was originally created in Australia in 2001 and is now international with programs in countries such as the United Kingdom, China, Canada, Finland and Singapore.
- The National Council for Community Behavioral Healthcare – a national trade group with 1,300 member organizations serve six million Americans nationwide – brought Mental Health First Aid to the United States in 2008.
- Within Mental Health First Aid’s first year, the National Council and its members successfully implemented the program in seven states nationwide – with plans for steady expansion.
- The National Council originally selected the program because of its rigorous research backing.
- Mental Health First Aid has strong evidence backing it. Three quantitative and one qualitative studies have shown that the program:
 - * improves people’s mental health,
 - * increases understanding of mental health issues and treatments,
 - * connects more people with care, and
 - * reduces stigma.

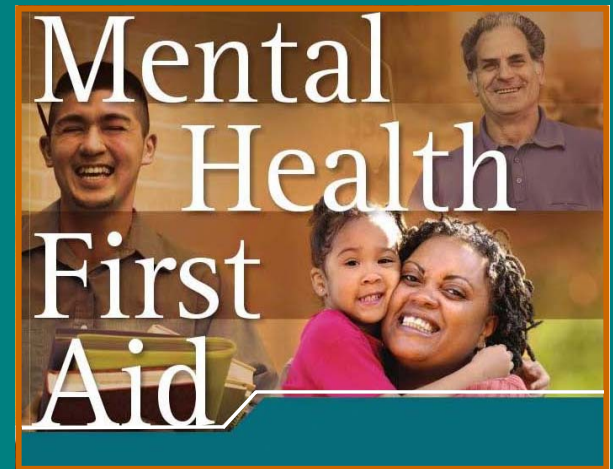


Community Mental Health of Ottawa County has been accredited by CARF for twelve of its programs.



The activities and programs of this department are brought to you by the members of the Ottawa County Board of Commissioners. The Michigan Department of Community Health provides financial support to this agency.

You Can Be Someone Who Gets It



A 12 hour certification course designed to help communities

- **Better understand mental illness**
- **Respond to psychiatric emergencies**

What is Mental Health First Aid?

Mental Health First Aid is the help provided to a person developing a mental health problem or in crisis until appropriate professional treatment is received or the crisis resolves.



**One in four
Americans lives
with a mental
health problem
each year.**

It is designed to give members of the public key skills necessary to understand and respond to signs of mental illness. Mental Health First Aid is an evidenced program with replicated outcomes. In the next ten years, it is the hope of the National Council for Community Behavioral Healthcare that Mental Health First Aid will become as common as CPR and First Aid training.

Who is Mental Health First Aid intended for?

- Friends & family of people with mental illness or addiction
- Police officers
- Primary care workers
- School and College leadership
- Faith communities
- Professional associations
- Parent organizations
- Social & Rotary Clubs
- Community leaders



Many people are willing to help, but aren't sure how to help.

To learn more about Mental Health First Aid or to register for training, contact CMH Customer Services at:

Phone: (616)494-5545

Toll-free: 1-866-710-SERV

E-mail: CMHCustomerServices@miottawa.org

Website: www.miOttawa.org/cmh

What does the program involve?

Mental Health First Aid is a 12-hour training course. The program introduces you to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

Specifically, you will learn:

- Risk factors and warning signs for a range of mental health problems
- Prevalence of various mental health disorders and the need for reduced stigma
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care
- Evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem.