



Mental Health First Aid Workshop

Mental Health First Aid, like CPR, prepares participants to interact with a person in crisis and connect the person with help. The program offers concrete tools and answers key questions, like "what do I do?" and "where can someone find help?"

Mental Health First Aid teaches participants a five-step action plan, A.L.G.E.E., to support someone developing signs and symptoms of a mental illness or in an emotional crisis:

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

This course is recommended to a variety of audiences, including hospital staff, city and county employees, civic and business leaders, social services providers, faith communities, and law enforcement.

Special two day (4 hours each day) Workshop.

Monday November 2nd, 2015

Tuesday November 3rd, 2015

8:30 a.m. - 12:30 p.m.

Texas A&M campus

Cost: ~~\$75~~ per person

Grants from Gulf Coast Center providing this workshop **FREE**

Food and beverages will be provided

Participants will receive an official certification good for three (3) years and a program manual to compliment the course material. For more details about the program, please see attached documents.

Contact: Rob Ruffner, Exec. Director, GC-MAP at rruffner@gc_map.org to reserve your space. SPACES LIMITED. RESERVE TODAY

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The Gulf Coast Center in conjunction with Texas A&M Galveston and the Galveston County Mutual Assistance Partnership (GC-MAP)