



Animal welfare advocates - this training is for you!
Mental Health First Aid training
Animal Refuge League, Westbrook
Wednesday, June 20, 2018 9am - 5:30pm
Free pizza lunch served

Have you tried working with a customer at your organization and thought to yourself, “This person is crazy - I need to get their pet away from them and into safety!” But what if that pet is the one thing that keeps them going? These days, it is just not enough to help the pet of this person, *it is time we learn how to help the person so they may keep their loved pet.*

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses. Topics covered include anxiety, depression, psychosis, and addictions.

The course trains participants to help people who may be experiencing a mental health problem or crisis. You learn:

- Risk factors and warning signs of mental health problems.
- Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- A 5-step action plan to help someone developing a mental health problem or in crisis.
- Where to turn for help — professional, peer, and self-help resources.

At the request of the Maine Federation of Humane Societies, NAMI-Maine (Maine Chapter of the National Alliance on Mental Illness) is offering this evidence-based course which includes the 8-hour training with a nationally certified instructor, the full color Mental Health First Aid training manual, and a regional mental health resource guide. Individuals trained by NAMI Maine in Mental Health First Aid will also continue to have the ongoing support of the agency for more individualized support and specific resources/materials.

Register here: <https://www.namimaine.org/events/register.aspx?id=1116307>