

# Mental Health First Aid

**Sometimes first aid isn't a bandage or CPR.  
Sometimes, First Aid is YOU!**

Someone you know could be experiencing a mental health crisis.  
You can help them.



[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

Youth Mental Health First Aid USA, on the National Registry of Evidence-Based Programs and Practices (SAMHSA), was designed to teach adults (people 18 years old or older) methods of assisting a young person (12 through 25 years of age) who may be exhibiting early signs of a mental health problem and/or a substance use problem, or experiencing a mental health crisis. Course content includes the presentation of the latest evidence on mental health and substance use challenges and disorders among youth in the United States and it incorporates the latest evidence on treatments and services available to youth as relevant resources. Whether you are a teacher, school administrator, parent, mentor or friend, this 8-hour certification course has information everyone can use.



Take the course, save a life, strengthen your community.

## **Youth Mental Health First Aid Course**

**Wednesday, October 1**

**8:00 AM – 5:00 PM**

- 8 hrs of instruction with one-hour lunch break.

**Eugene Hilton**

Cost: \$49

\*Includes a textbook, provided to each participant who completes the course.

Completers of the 8-hour course earn a MHFA certificate.  
7 CEUs available.

To register for this COSA pre-conference session, please call or email:

[[sera@cosa.k12.or.us](mailto:sera@cosa.k12.or.us)]

**MENTAL HEALTH FIRST AID**  
REGISTRATION FORM, 2014

Last updated 3/27/2014



Name: \_\_\_\_\_ (Please print.)

Age: \_\_\_\_\_ (You must be at least 18 years old to register for Mental Health First Aid.)

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Contact Phone#: \_\_\_\_\_ (home) \_\_\_\_\_ (cell)

Contact Email Address: \_\_\_\_\_

**Put an "X" by the Youth and/or Adult MHFA course you want to register for:**

**YOUTH MENTAL HEALTH FIRST AID (choose one)**

Completers of the 8-hr Youth MHFA course receive a MHFA certificate. CEUs may also be available.

\_\_\_\_\_ **Youth Mental Health First Aid – TILLAMOOK**

Cost: **\$20** (the cost of the textbook) Instruction (in English) by certified MHFA Instructor.  
Date: **Saturday, April 5, 2014**  
Time: **8:30AM – 5:30PM** (bring your own snacks, water, coffee/tea, and brownbag lunch)  
Place: **Tillamook People's Utility District (PUD) Meeting Room** (10-25 adults)  
(Located at 1115 Pacific Ave (corner of Pacific Ave & 11<sup>th</sup> Street), in Tillamook, OR)

\_\_\_\_\_ **Youth Mental Health First Aid – HEBO**

Cost: **\$20** (the cost of the textbook) Instruction (in English) by certified MHFA Instructor.  
Date: **Saturday, May 10, 2014**  
Time: **8:30AM – 5:30PM** (bring your own snacks, water, coffee/tea, and brownbag lunch)  
Place: **Nestucca Fire Station #87 Meeting Room** (10-25 adults)  
(Located 1/4 mile north of Hwy 22 & Hwy 101 intersection, in Hebo, OR)

\_\_\_\_\_ **Youth Mental Health First Aid – NEHALEM**

Cost: **\$20** (the cost of the textbook) Instruction (in English) by certified MHFA Instructor.  
Date: **Saturday, August 2, 2014**  
Time: **8:30AM – 5:30PM** (bring your own snacks, water, coffee/tea, and brownbag lunch)  
Place: **Nehalem Bay Fire Station #13 – Meeting Room** (10-25 adults)  
(Located at 36375 Hwy 101 N./Hwy 101 & Bayside Garden Rd, Nehalem, OR)

**ADULT MENTAL HEALTH FIRST AID (choose one)**

Completers of the 8-hr

Adult MHFA course receive a MHFA certificate. CEUs may also be available.

\_\_\_\_\_ **Adult Mental Health First Aid – TILLAMOOK**

Cost: **\$20** (the cost of the textbook) Instruction (in English) by certified MHFA Instructor.  
Date: **Saturday, June 7, 2014**  
Time: **8:30AM – 5:30PM** (bring your own snacks, water, coffee/tea, and brownbag lunch)  
Place: **Tillamook People's Utility District (PUD) Meeting Room** (10-25 adults)  
(Located at 1115 Pacific Ave (corner of Pacific Ave & 11<sup>th</sup> Street), in Tillamook, OR)

\_\_\_\_\_ **Adult Mental Health First Aid – HEBO**

Cost: **\$20** (the cost of the textbook) Instruction (in English) by certified MHFA Instructor.  
Date: **Saturday, October 4, 2014**  
Time: **8:30AM – 5:30PM** (bring your own snacks, water, coffee/tea, and brownbag lunch)  
Place: **Nestucca Fire Station #87 Meeting Room** (10-25 adults)  
(Located 1/4 mile north of Hwy 22 & Hwy 101 intersection, in Hebo, OR)

\_\_\_\_\_ **Adult Mental Health First Aid – NEHALEM**

Cost: **\$20** (the cost of the textbook) Instruction (in English) by certified MHFA Instructor.  
Date: **Saturday, November 1, 2014**  
Time: **8:30AM – 5:30PM** (bring your own snacks, water, coffee/tea, and brownbag lunch)  
Place: **Nehalem Bay Fire Station #13 – Meeting Room** (10-25 adults)  
(Located at 36375 Hwy 101 N./Hwy 101 & Bayside Garden Rd, Nehalem, OR)



**How to register:**

Send your completed registration form with your \$20 payment to:  
**Tillamook Family Counseling Center**  
906 Main Avenue  
Tillamook, OR 97141

**Payment options:**

**Check:** To pay for a Mental Health First Aid course using a check, please make your check payable to "Tillamook Family Counseling" and put "MHFA" in the memo section of the check.

**Credit card or cash:** To pay for a Mental Health First Aid course using a credit card or cash, please bring your completed registration form and your cash or credit card [VISA or MasterCard accepted] to the front counter (receptionist) at Tillamook Family Counseling Center, 906 Main Ave, Tillamook, OR) during office hours: Monday through Friday (excluding holidays), 8:30am to 5:00pm .



*ALGEE, the Mental Health First Aid Action Plan*

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

**INSTRUCTOR CONTACT INFORMATION**

If you have questions or want more information, contact TFCC's certified Mental Health First Aid instructor:

**Mary Ann Dearborn, LCSW**  
Tillamook Family Counseling Center

906 Main Ave., Tillamook, OR 97141, [www.tfcc.org](http://www.tfcc.org)  
Voice: 503-842-8201/ 800-962-2851, ext.246 (M-F, 9a-5p)  
Fax: 503-503-815-1870

Email: [MaryAnnD@tfcc.org](mailto:MaryAnnD@tfcc.org)

Visit TFCC's MHFA webpage: <http://www.tfcc.org/mhfa.htm>