

Making Connections: *Promoting Positive Mental Health*



Mental Health First Aid

If someone has a heart attack, you can call 911. But if someone has a panic attack, do you know what to do?

With 1 in 4 Americans having a diagnosable mental illness, you're more likely to encounter someone having an emotional or mental crisis than someone having a heart attack. There is a major need for people who know how to best respond to a mental health crisis—and you can be one of them.

Mental Health First Aid training is part of a groundbreaking national education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders.

The 8-hour course introduces participants to risk factors and warning signs of mental health problems, including substance use, depression and anxiety. The course builds understanding of the individual, family and community impact of these problems and overviews treatments. Participants learn a five-step action plan to secure appropriate care for the person experiencing a crisis.

Trainees become certified in Mental Health First Aid.

**Trainer: Erica McNamara, MPH,
Town of Reading, Certified MHFA
Instructor**

*This is a community training for
clergy and lead faith-based
volunteers in Lynnfield,
Wakefield, and Peabody.*

An 8-hour certificate program that
will be offered over two half days.
You must attend both days.

**October 16 & October 18, 2019
8 a.m. to 12:30 p.m.
St. Paul's Episcopal Church
127 Summer Street
Lynnfield, MA**

Cost: **FREE**

Registration required by
September 30, 2019.

Registration Link on
[www.ahealthylynnfield.org/news-
%26-events](http://www.ahealthylynnfield.org/news-%26-events)



The mission of A Healthy Lynnfield is to empower people to make positive choices every day. Together we work to prevent substance misuse, improve the quality of life for those impacted and help all young people thrive.