



Take a course. Save a Life.
Strengthen your community.

Mental Health First Aid for Older Adults

Wednesday, June 6, 9 am to 1 pm
AND
Thursday, June 7, 9 am to 1 pm

Location:
Hypertherm Training Room
71 Heater Road, Lebanon, NH

Cost: \$25 per person*

Register by May 25:

Call Alice at 603-523-7100 or
Email alice.ely@uvpublichealth.org

*Fee waived for PHC-affiliated members and volunteers. Please enquire whether you qualify.

Mental Health First Aid for Older Adults is an 8 hour public education program designed especially for adults who regularly interact with older people. The trainers are MHFA-certified instructors with over 25 years experience in the mental health field.

The program introduces participants to the unique risk factors and warning signs of mental health problems in adults over the age of 65, builds understanding of the importance of early intervention, and teaches individuals how to help an older adult in crisis or experiencing a mental health challenge.

Learn to apply a core 5-step 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

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