



# MENTAL HEALTH FIRST AID TRAINING

## When?

Fri., Oct. 14, 2016 &  
Fri., Oct. 28, 2016  
8am-12:30pm (both days)  
Must attend both days to  
obtain certificate

## WHERE?

JOURNALISM 150  
(CAMPUS SAFETY OFFICE)

## TRAINERS:

ANNA MOLINA, RN, BSN, PHN  
AMY YRIBARREN, RN, BSN, PHN

## Questions?

Contact Health Services at  
(209) 575-6281 or visit:  
mentalhealthfirstaid.org  
for more information.

Modesto Junior College

# Health Services



[www.mjc.edu/healthservices](http://www.mjc.edu/healthservices)

## SPONSORED BY MJC HEALTH SERVICES

### 8-Hour Certificate of Completion awarded to participants

Depression, anxiety, impulse control and misuse of alcohol and other drugs are shockingly common on college campuses throughout the United States. **Suicide is the 2nd leading cause of death** among 18-24 year olds in the U.S.

**MENTAL HEALTH FIRST AID** is an 8-hour certification course that teaches participants a 5-step action plan to assess a situation, select and implement interventions and secure appropriate care for an individual in crisis. Research behind the program demonstrates that it helps the public better identify, understand and respond to signs of mental illness, thus improving outcomes for individuals experiencing these illnesses.

At the end of the course, participants will be able to:

- ◆ Identify signs of mental illness
- ◆ Implement a 5-step plan to assess and assist in these types of situations
- ◆ Understand the impact of mental illness and substance abuse disorders
- ◆ Learn about local resources that can further assist the person in immediate distress or offer ongoing support

## LIMITED SEATS AVAILABLE

CONTACT HEALTH SERVICES

CALL: 209-575-6281

EMAIL: MOLINAA@MJC.EDU

