



# MENTAL HEALTH FIRST AID TRAINING

## WHEN?

Wednesday, May 25th, 2016  
8am-5pm (Lunch provided)

## WHERE?

CAT 110  
(EAST CAMPUS)

## HOW?

RESERVE YOUR SPACE BY  
CONTACTING HEALTH SERVICES  
AT 209-575-6038 OR  
MOLINAA@MJC.EDU

## TRAINERS:

ANNA MOLINA, RN, BSN, PHN  
CECILIA VERA, RN, BSN, PHN

## Questions?

Contact Health Services at  
(209) 575-6038 or visit:  
mentalhealthfirstaid.org  
for more information

Modesto Junior College

# Health Services



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

## MENTAL HEALTH FIRST AID TRAINING SPONSORED BY MODESTO JUNIOR COLLEGE HEALTH SERVICES

Current statistics tell us that problems such as depression, anxiety, impulse control and misuse of alcohol and other drugs are shockingly common on college campuses throughout the United States. In fact, suicide is the 2nd leading cause of death among 18-24 year olds in the U.S.

According to the results of the spring 2013 American College Health Association survey, close to 40% of surveyed students from MJC identified being interested in learning more about depression/anxiety and helping someone in distress.

**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. The 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

*Students who successfully complete this 8-hour course will receive a certificate of completion.*

