

Someone you
know could be
affected by a
mental health
related crisis.
You can help them.



Sometimes, first aid isn't a bandage, or CPR, or calling 911.
Sometimes, first aid is YOU!

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. The Mental Health First Aid class teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate care. Mental Health First Aid is for anyone—parents, neighbors, students, first responders, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Are you interested in learning to be part of the solution? Join Advocate BroMenn Medical Center for the Mental Health First Aid Class.

Date: Thursday, May 2nd, 8:00am—5:00 pm

Location: Advocate BroMenn Medical Center

Fee: \$10.00 (includes book)

Grant money for books and course material given by women to Women giving Circle of Illinois Prairie Community Foundation.

Snacks and lunch provided courtesy of Advocate BroMenn Medical Center

Course instructors provided courtesy of "Mental Health First Aid Collaborative"

**To register, please call Health Advisor at 1.800.3.ADVOCATE
(1.800.323.8622)**

Code: 6M11 www.advocatehealth.com/bromenn, click on "Find a class"

This Mental Health First Aid course is offered through a collaboration with Advocate BroMenn Medical Center, the Center for Human Services, McLean County Health Department, OSF St. Joseph Medical Center and Central Illinois Area Health Education Center.



Inspiring medicine. Changing lives.