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NARBHA Hosts Mental Health First Aid Training

(FOR IMMEDIATE RELEASE Flagstaff, AZ August 4, 2011) - Northern Arizona Regional Behavioral Health Authority (NARBHA) is hosting Mental Health First Aid training at its Flagstaff office in September. NARBHA has a goal of training 15 trainers and 525 people to become “Mental Health First Aid Responders” by the end of 2011.

Similar to ‘First Aid’ and CPR, ‘Mental Health First Aid’ helps those experiencing mental health problems before they can get professional help and support. Mental Health First Aid is a 12-hour training certification course which teaches participants a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for the individual, the certification program introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and overviews common treatments.

Training details:

Dates: Attend ALL 4 sessions: Tuesday, Sept. 6 – Friday, Sept. 9, 2011

Times: 9:00a.m. to 12:00p.m. *Please be on-time.

Location: NARBHA, 1300 South Yale Street, Flagstaff

Participants must attend the full time, all days of training in order to attain a participation certificate.

****SEATING IS LIMITED – PLEASE RSVP to Trever Davis, NARBHA Crisis Response Network Coordinator, (928)214-2298 or trever.davis@narbha.org.**

For more information about NARBHA, please contact Christina Mencuccini, Director of Communications/ PIO at (928) 556-2662 or Christina.mencuccini@narbha.org.