



# MENTAL HEALTH FIRST AID®

Gila River Health Care BHS Prevention Program promotes a suicide-safer community.  
Mental Health First Aid is full day training for adults, funded by program grants and is offered at no cost to GRIC.

## OBJECTIVE OF MHFA TRAINING:

MHFA trainings are taught through lecture, group, and interactive role playing settings. Participants will learn how to:

- Identify warning signs, risk factors, and protective factors.
- Assist a person who may be in the early stages of developing a mental health issue.
- Assist a person who may be in a mental health crisis.
- Identify *appropriate* community resources.

## IMPORTANT TRAINING INFORMATION:

- Training is from 8:30 AM to 5:00 PM.

### UPCOMING TRAINING DATES:

- YOUTH MHFA | Wednesday May 10, 2017 at D6 Dialysis Center
- ADULT MHFA | Thursday June 8, 2017 at D6 Dialysis Center
- YOUTH MHFA | Wednesday July 19, 2017 at D3 Dialysis Center
- ADULT MHFA | Tuesday August 8, 2017 at D3 Dialysis Center

**For more information or to register for a this training please feel free to contact the BHS Prevention Program  
Mental Health First Aid Contact at (520) 562-3321 x7031 or email at [apacheco@grhc.org](mailto:apacheco@grhc.org)**

**Emergencies, always dial 911 | GRIC Crisis Line 1-800-259-3449**



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## MHFA REGISTRATION FORM

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**Name:** \_\_\_\_\_

**Preferred Form of Contact:**     Phone Call     Email     Text Message

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_