



Missouri School of Religion in cooperation with NAMI present:

Mental Health First Aid

October 25 & 26, 2011

8:30 a.m. to 3:30 p.m. each day

Christian Church of Mid-America Regional Office

Cost: \$25 (registration deadline is October 21)

Class size is limited, and Pre-Registration is required.

Lunch provided each day. (Course is valued at \$150.00)

Increase your skills to better serve the people you care for...

Mental Health First Aid does NOT teach people be therapists. It teaches how to recognize symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

You will learn:

- Signs and symptoms of common mental disorders
- A 5-step action plan to help an individual in crisis connect to professional care
- Resources available to help someone with a mental health problem

In times of distress many turn to their pastor and faith community for advice, comfort and answers. When distress includes a mental health issue, pastors and faith communities need additional help.

Our struggling economy is causing significant stress for everyone. Here in Missouri, we're also dealing with the aftermath of flooding, devastating tornados and drought.

Missouri's suicide rate for men ages 45-65 is among the highest in the nation. Due to unwarranted stigma about treatment, many will turn to faith communities rather than seek medical help. Faith communities need to be prepared. Mental Health First Aid Training can help. Mental Health First Aid increases an individual's knowledge base and trains that individual to access the situation and gently guide affected individuals toward ongoing professional help.

MORE INFORMATION AND REGISTRATION ON BACK OR CONTACT:

Missouri School of Religion

573-635-1187 OR krystalmsr@earthlink.net

This training is for:

- Ministers
- Ministry Staff
- Ministry Students
- Ministry Administrative Personnel
- Small Group Leaders
- Sunday School Teachers
- Deacons and Elders
- Any member of the faith-based community
- First Responders/Police/Fire Fighters
- Educators/University Leaders
- Caring Citizens
- Family Members





You know how to pray with someone who is going into surgery. Would you know what to do if someone was suffering or thinking about...

SUICIDE?

DEPRESSION?

GRIEF?

DRUGS OR ALCOHOL?

How would you know?

How can you help?

Get trained through this 12-hour course that prepares caring people in the faith community to assist people in crisis.

The 12-hour course has been thoroughly researched and has the endorsement of the MO Department of Mental Health, NAMI Missouri and the Behavioral Health Council. Instructors are rigorously trained and available throughout the state.

Funding for this project was provided by the Missouri Foundation for Health. The Missouri Foundation for Health is a philanthropic organization whose vision is to improve the health of people in the communities it serves.



Coordinated by the Missouri Department of Mental Health

Mental Health First Aid - Please complete one form per person

Name _____ Home Phone _____

Address _____ Work Phone _____

City, State, Zip _____ Email _____

Organization: _____

Special Dietary or Accessibility Needs:

- Are you:
- Currently Employed State of Missouri Staff
 - Active State of Missouri Department of Corrections volunteer in corrections (VIC)
 - Representing a faith-based organization (be sure to list organization above)

Payment options: Check MasterCard Visa

Card# _____ Exp Date _____

Signature _____

Mail this form and registration fee to **Missouri School of Religion**, P.O. Box 104685, Jefferson City, MO 65110 - Fax: 573-636-2889, email: krystalmsr@earthlink.net.