



Mental Health First Aid Course

Date: October 16, 2018

Time: 8:00am-4:00pm

Location: First Baptist Church
29401 South Frost Road, Livingston, LA 70754

[Click Here to Register](#)

* Attendance is required in order to receive certification*

Let's Talk Mental Health! Join Us for a Mental Health First Aid Course!

This **FREE** course is designed to help the public better understand mental health & help others who are going through a mental health crisis. Participants will be trained in mental health first aid techniques.

- Identify unique risk factors and warning signs of mental health problems
- Build understanding of the importance of early intervention
- Learn how to help someone in crisis

Did You Know: Suicide is the 10th leading cause of death among Americans?

Mental Health First Aid is a valuable resource that can make a difference in one in five Americans living with mental illness and addiction, including those experiencing suicidal thinking. Individuals trained in MHFA can help to:

- Break down bias and reach out to others suffering in silence
- Let individuals know that support is available and where to find it
- Provide community resources and make behavioral healthcare more accessible

Target Audience

Community health workers, community partners, non-clinical Community Health Center staff are all invited to attend this course. There is no charge to attend.

For more information, please contact Ashi Singh at asingh@lpca.net or (225) 927-7662, ext. 216