



# Mental Health First Aid Course

**Date:** October 3, 2018

**Time:** 8:30am-4:30pm

**Location:** Huber Park  
2124 14th Street Lake Charles, LA 70601

[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](mailto:asingh@lpca.net) or (225) 927-7662, ext. 216**