



MENTAL
HEALTH
FIRST AID



Understanding Mental Health — Free Webcasts *May 5, 12, 19, 26*

Join us for a series of free mental health awareness webcasts to mark **“May is Mental Health Month.”** The webcasts are designed to help you recognize the signs and symptoms of common mental illnesses, learn what you can do to connect people with mental illness to supports in the community, and identify peer and professional resources for help.

May 5 Understanding Depression

May 12 Understanding Anxiety Disorders

May 19 Understanding Psychosis

May 26 Understanding Substance Use Disorders

**Time: 5 - 6 pm Eastern; 4 - 5 pm Central;
3 - 4 pm Mountain; 2 - 3 pm Pacific**

Certified Mental Health First Aid USA instructors present the webcasts and are available to answer YOUR questions afterwards.

To participate, you will need a computer with Internet access. You must register in advance at:

www2.gotomeeting.com/register/176709011.

During the webcasts, you will view slides on your computer screen and can listen to the presentation via computer speakers or by dialing in by phone.

The National Council's May is Mental Health Month webcasts feature content from the evidence-based public education program, Mental Health First Aid USA, and are presented by certified program instructors.

Mental Health First Aid is the initial help given to a person showing symptoms of mental illness or in a mental health crisis until appropriate professional, peer or family support can be engaged. A 12-hour course prepares members of the public to provide Mental Health First Aid to those in need. The National Council can train and certify staff from your organization to teach this 12-hour course in your community.

*To learn more and apply for an upcoming training, visit: www.MentalHealthFirstAid.org email: SusanP@thenationalcouncil.org or call **202.684.7457**.*



NATIONAL COUNCIL
FOR COMMUNITY BEHAVIORAL HEALTHCARE

For Information in Harris County, Please Contact Suzette Sova or (713) 970 - 3996