



Mental Health First Aid 12-hour Course

June 7-8, 2012, 8:30 a.m. to 4:30 p.m.

Cost: \$100 – includes 12-hr course, Continental breakfast, manual, materials. Lunch will be on your own.

Add \$20 for CEUs. Special discount rate for nonprofit and United Way agencies.

Call (251) 450-1386 for details. Make check payable to AltaPointe MHFA Training.

AltaPointe Health Systems
3650 Old Shell Road
Mobile, AL 36608

REGISTRATION

To register, please email this completed form to mentalhealthfirstaid@altapointe.org. If you do not have access to email you may either call (251) 450-1386, print and fax to (251) 450-4377, or mail to:

AltaPointe Health Systems
attn: Michelle Dees
5750A Southland Drive
Mobile, AL 36693

Questions? Call (251) 450-1386

Name:

Phone number, if any:

E-mail address, if any:

Occupation and employer name, if any:

Brief description of why you're enrolling in the course:

(Examples: to help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information)



ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

Questions? Contact mentalhealthfirstaid@altapointe.org or call (251) 450-1386.

Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene and the Missouri Department of Mental Health.