

# Mental Health First Aid 12-hour Course

March 29-30, 2012, 8:30 a.m. to 4:30 p.m.

Cost: \$100 – includes 12-hr course, manual, materials, lunch/refreshments. 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](mailto: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](mailto: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.