

## Adult Mental Health First Aid

Mondays, 9:30 – 10:30 AM

Feb 3 – April 13, 2020 – 9 week class

Richard Davis, Community Health Worker

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### Weekly Topic

Class 1 – Monday, Feb. 3	Overview of Mental Health First Aid
Class 2 – Monday, Feb. 10	Overview of Depression and Anxiety
<b>No Class – Monday, Feb. 17</b>	<b>Presidents Day</b>
Class 3 – Monday, Feb. 24	Suicide and Self-Harm
Class 4 – Monday, March 2	Mental Health First Aid Action Action Plan for Depression and Anxiety
Class 5 – Monday, March 9	Panic Attacks
<b>No Class – Monday, March 16</b>	<b>Spring Break</b>
Class 6 – Monday, March 23	What is Psychosis?
Class 7 – Monday, March 30	Mental Health First Aid Action Plan for Psychosis
Class 8 – Monday, April 6	Substance Use Disorders
Class 9 – Monday, April 13	How to Respond to an Opioid Overdose—Naloxone Training

### Class Summary-

Many know how to provide basic first aid for medical emergencies, but what about first aid for mental health problems? Nevada has the highest rate of senior suicide in the nation. You will learn how to make a difference if a friend or family member is experiencing a mental health crisis.

Mental Health First Aid will teach you through lectures and activities how to identify, understand and respond to signs of mental illness and substance use disorders.

This class will train you in the skills you need to provide initial support to someone who is experiencing a mental illness or substance use disorder and how to help connect them to appropriate professional help.

The training is offered in eight one-hour sessions, plus an optional hour of training in how to respond to an opioid overdose using Naloxone.

Each person who attends the full eight of hours of Mental Health First Aid training will receive certification as a Mental Health First Aid Responder. An additional certificate is available for the Naloxone training.