



Mental Health First Aid

8-hour Course

October 19th, 8:30 am - 5:00 pm

Louis S. Wolk JCC
1200 Edgewood Avenue
Rochester, NY 14618

REGISTRATION

To register, please email the information below to megancliffordlcswr@gmail.com. If you do not have access to email, call 585-433-5919 or mail this completed form to:

Megan Clifford
1296 E. Victor Road, Suite C
Victor, NY 14564

Questions? Call 585-433-5919.

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: 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 megancliffordlcswr@gmail.com or call 585-433-5919.

The National Council for Behavioral Health was instrumental in bringing Mental Health First Aid to the U.S. in 2008.