



ARE YOU
WITH US?



Mental Health First Aid is a public education program designed to teach members of the public how to respond in a mental health emergency and to offer support to someone who appears to be in emotional distress. Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices (NREPP).

One in five Americans will have a diagnosable mental disorder at some point in their lives. Mental health disorders are common and include anxiety, depression, substance use, bipolar disorder and schizophrenia.

Mental Health First Aid is similar to traditional First Aid. Just as First Aid provides help to an injured person until professional medical treatment is available, Mental Health First Aid is the help offered to a person developing a mental health problem or experiencing a mental health crisis until appropriate treatment and support are received or until the crisis is resolved.

Through education, training and increased awareness of mental health resources in your community, Mental Health First Aid training is a positive step forward to support the treatment and recovery process for people experiencing mental illness and reducing the stigma associated with mental illness. Mosaic Community Services, part of the Sheppard Pratt Health System, is dedicated to bringing Mental Health First Aid training to as many people as possible across Maryland communities. **We offer Mental Health First Aid training for both adults and youth; we also offer specialized training for older adults, public safety, as well as military, veterans and veteran families, including those who work with and serve these populations.**

Mosaic Community Services transforms lives through comprehensive health services for people with mental illness and addictions. Through mental health clinics, day programs, housing, crisis services, vocational, addiction services and more, Mosaic touches the lives of over 30,000 adults, children and adolescents each year throughout Central Maryland.

- What:** Certified trainers provide course, manuals and other learning materials. Each attendee will receive a 3-year Certification. It is recommended that the training host provide a light breakfast and drinks for the 2-day workshop, plus an afternoon snack for full-day training. Host can provide lunch or attendees should bring a brown bag lunch for full-day training.
- When:** One full day, 8-hour training, that can also be split into two 4-hour workshops over two days, from 8:00 a.m. to 12:30 p.m.
- Where:** Training schedule available at www.mosaicinc.org/mental-health-first-aid/. Mosaic can bring Mental Health First Aid training to your business, church, community group or organization.
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