

# Mental Health First Aid USA

Join the movement.

Sometimes first aid isn't  
a bandage, or CPR or  
calling 911. Sometimes,  
First aid is **YOU**



Mental Health First Aid teaches participants a five-step action plan, ALGEE, to support someone developing signs and symptoms of a mental illness or in an emotional crisis:

- **A**ssess for risk of suicide or harm
- **L**isten non-judgmentally
- **G**ive reassurance and information
- **E**ncourage appropriate professional help
- **E**ncourage self-help and other support strategies

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help.

Take a course. Save a life.  
**Strengthen your community.**

**Where: Temecula Mental Health Clinic**

**When: Wednesday November 29 &**

**Wednesday December 6**

**Time: 9:00am-1:00pm**

**Cost: FREE!**

**Registration is mandatory**

**To Register:**

**[ahermosillo@rcmhd.org](mailto:ahermosillo@rcmhd.org)**

**(951)318-9875**

**This Training Is Possible By:**

Riverside University Health System-  
Behavioral Health

Prevention and Early Intervention,  
through the Mental Health Services Act

**For more information, visit**

**[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)**

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