



Mental Health First Aid 8 hour Course

Thursday, January 31, 2019
8:00 am - 5:00 pm

Whatcom Community College
Bellingham, Washington



AREA HEALTH EDUCATION CENTER
FOR WESTERN WASHINGTON AT WHATCOM COMMUNITY COLLEGE

REGISTRATION

This training is jointly presented by the Area Health Education Center for Western Washington (AHECWW) and the Whatcom Community College Health Employee Education and Training program. Grant funding through the State Department of Health supports this training, allowing attendees to participate free of charge (*value \$170 per student*). Prior registration required. Preference given to WCC community. Please register by January 24th, if possible.

To register, please email the information below to info@AHECWW.org

or use this link to register on-line: <https://goo.gl/forms/oYPa5W4rlgBH1P6G3>

If you do not have access to email, call (360) 383-3196 or mail this completed form to:

Area Health Education Center for Western Washington
Whatcom Community College, 237 West Kellogg Road, Bellingham, Washington 98226

Questions? Call (360) 383-3196.

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)

How did you hear of this training? _____



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ALGEE, the Mental Health First Aid Action Plan

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

Questions? www.AHECWW.org/training-programs
or email info@AHECWW.org

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