



PRACTICAL RESOURCES FOR EFFECTIVE SHEPHERDING AND SPIRITUAL CARE

*Connecting Care to The Local Church*

OCTOBER 27-28, 2022 ST. STEPHENS BAPTIST CHURCH, TEMPLE HILLS, MD

Mental Health

## Mental Health First-Aid Training (I and II)

Thursday, October 27 10:00 AM

**Facilitator: Rev. Jevon Billups**

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving, understanding and providing an action plan that teaches people to safely and responsibly identify and address a potential mental illness or substance use disorder. When more people are equipped with the tools they need to start a dialogue, more people can get the help they need.

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

The 6-Hour certification session will cover common signs and symptoms of mental health challenges; common signs and symptoms of substance use challenges; how to interact with a person in crisis; how to connect a person with help; and expanded content on trauma, substance use and self-care.

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