Shining a Light on Mental Health
Increasing mental health literacy and decreasing associated stigmas

Mental Health First Aid: The Action Plan

Learn how to:
• Assess for risk of suicide or harm
• Listen non-judgmentally
• Give reassurance and information
• Encourage appropriate professional help
• Encourage self-help and other support strategies

Sign up on iLMS
Classes are limited to 20 participants

Training Dates:
• February 19 & 26: 12:00 PM - 4:00 PM, Birch Room
• March 9: 8:00 AM - 5:00 PM, Birch Room
• March 30: 1:00 PM - 5:00 PM & March 31: 8:00 AM - 12:00 PM, Pinon Rooms A & B
• April 27: 8:00 AM - 5:00 PM, Pinon Rooms A & B
• May 8 & 15: 8:30 AM - 12:30 PM, Pinon Rooms A & B
• July 15: 8:00 AM - 5:00 PM, Pinon Rooms A & B
• August 10: 8:00 AM - 5:00 PM, Pinon Rooms A & B

Adult Mental Health First Aid is an 8-hour training. Please choose one of the following.

COCONINO COUNTY ARIZONA Health & Human Services
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