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THE ALASKA
TRAINING
COOPERATIVE

presents:

Mental Health First Aid

Date & Time: Wednesday June 6th from 8:30am - 5:00pm

Location: Dolly's Hall in Naknek

Description: Most people have heard of First Aid and CPR to address physical distress, but what happens when someone is exhibiting signs of emotional or mental distress? In this training, Mental Health First Aid trainees are taught how to practice and respond appropriately to mental health problems in a variety of situations, such as helping someone through a panic attack, engaging with someone who may be suicidal, or assisting an individual who has overdosed. Just as CPR training helps a layperson with no clinical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis until appropriate professional help arrives.

This training offers 8 C.E. Credits for Nursing through the American Nurses Credentialing Center (ANCC). Please see registration page for more information.

Register: Those who wish to attend must register in advance through The Alaska Training Cooperative Learning Management System.

Here: <https://aktclms.org/Training/Class/102378>

For Registration Assistance: If you have any questions or need assistance with the registration process, please contact AKTC Support at [907-264-6244](tel:907-264-6244), or support@aktclms.org.

Cost: \$85 per person

Contact: For more information about this training, contact Jill Ramsey [907-264-6228](tel:907-264-6228) or jill@alaskachd.org