

# Class Dates

February 21st Adult

March 14th Adult

April 25th Adult

May 28th Adult

June 27th Adult

July 9th Adult

August 22nd Adult

September 24th Adult

October 22nd Adult

November 21st Adult

December 10th Adult

All classes are from  
8am to 5pm.  
You **MUST** attend the  
whole session to  
receive a certificate.

**Must be 18 years  
old to register**

# Adult Mental Health First Aid 2019

**Time:** 8am-5pm (Doors open at 7:30 to register for CEUs)

**Address:** GAHHS Education Center, 209 E 8th Street, Gibson City

**Cost:** FREE (Lunch provided)

**To Register:** Stephanie Herges at (217) 784-4076 or  
[Stephanie\\_Herges@gibsonhospital.org](mailto:Stephanie_Herges@gibsonhospital.org)

You are more likely to encounter someone in a mental crisis than someone having a heart attack.

Mental Health First Aid is an 8-Hour course that teaches how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps identify, understand and respond to signs of mental illness and substance use disorders.

## Take a course. Save a life.

*8 continuing education hours will be awarded upon completion for nurses, nursing home admins, occupational therapists, physical therapists, social workers & counselors. KCC is an approved provider through the Illinois Department of Financial and Professional Regulation*

*8 professional development (PD) hours will be awarded to school teachers upon completion. KCC is an approved provider through the Illinois State Board of Education.*

This work is conducted by the Illinois Area Health Education Centers Network Program, funded by grant No. U77HP26847 from the Health Resources and Services Administration, and administered by the National Center for Rural Health Professions at the University of Illinois at Chicago, College of Medicine - Rockford.



# Class Dates

February 7th Youth

March 28th Youth

April 9th Youth

May 7th Youth

June 11th Youth

July 25th Youth

August 8th Youth

September 10th Youth

October 10th Youth

November 7th Youth

December 19th Youth

All classes are from  
8am to 5pm.

You **MUST** attend the  
whole session to  
receive a certificate.

**Must be 18 years  
old to register**

# Youth Mental Health First Aid 2019

**Time:** 8am-5pm (Doors open at 7:30 to register for CEUs)  
**Address:** GAHHS Education Center, 209 E 8th Street, Gibson City  
**Cost:** FREE (Lunch is also provided)  
**To Register:** Stephanie Herges at (217) 784-4076 or  
[Stephanie\\_Herges@gibsonhospital.org](mailto:Stephanie_Herges@gibsonhospital.org)

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis.

## Learn About:

Anxiety . Depression . Substance Use . Eating disorders  
Disruptive behavior disorders . Typical adolescent development  
Disorders in which psychosis may occur . Common challenges for youth

## Take a course. Save a life.

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*8 professional development (PD) hours will be awarded to school teachers upon completion. KCC is an approved provider through the Illinois State Board of Education.*

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