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| **YOU ARE INVITED!** |  | THURSDAY OCTOBER 25, 20189:00 AM – 6:00 PM |
| **Washington Wellness is hosting a MENTAL HEALTH FIRST AID Training for Wellness Coordinators and interested staff on October 25 in Tacoma!** |  |
| DOC TACOMA COMMUNITY JUSTICE CENTER 1016 South 28th StreetTacoma, 98409(3rd Floor Conference Room) |
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| **Mental Health First Aid** is an 8-hour training that introduces the warning signs and symptoms of mental disorders such as anxiety, depression, bipolar disorder, substance use disorders, and schizophrenia. Participants learn a five-step action plan, ALGEE, to provide first aid assistance to someone developing a mental illness or experiencing a mental crisis and connect them to needed services and supports. The training is listed in the SAMSHA National Registry of Evidence-Based Programs and Practices. Learn more at [**www.mentalhealthfirstaid.org**](http://www.mentalhealthfirstaid.org). *Mental Health First Aid training is offered at no cost thanks to CHI Franciscan Health’s PAR Initiative, Wellness WA, the DOC Tacoma Community Justice Center, and the Instructors volunteering their time. Training is valued at $170/person by Mental Health First Aid USA.* |
|  | FREE! Including Manual & Certificate |
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|  | REGISTRATION REQUIREDby October 5, 2018Please email your: 1) Name, 2) Organization, 3) Email Address, and 4) Phone # – to: **wawellness@hca.wa.gov** |