



On Our Own of St. Mary's

will host a

FREE

Mental Health First Aid 8 Hour Adult Course

Monday, May 21st

At

**41665 FENWICK STREET #13
LEONARDTOWN, MARYLAND 20650**

From

8:30am to 5pm.

Mental health challenges – such as *depression, anxiety, psychosis and substance use* – are shockingly common in the United States. In fact, **more than one in five** American adults will have a mental health problem in any given year. The National Council for Behavioral Health certifies individuals throughout the nation to provide Mental Health First Aid courses to prepare their communities with the ***knowledge and skills to help individuals who are developing a mental health problem or experiencing a mental health crisis.*** Identified on **SAMHSA's National Registry of Evidence-Based Programs and Practices**, the training helps the public better identify, understand and respond to signs of mental illnesses. For **more information** on Mental Health First Aid, visit www.mentalhealthfirstaid.org.

For Peer Recovery Support Specialists--This **free** 8 hour training is eligible for credit for Certified Peer Recovery Specialist. Participants must attend the **full 8 hours** for certificate and **CEU's**.

Please contact **Carolyn Cullison** at [301-997-1066](tel:301-997-1066) or [301-481-4736](tel:301-481-4736) or email oooin-smc@verizon.net to take part in this free training by Thursday, May 2018.