



**FOR IMMEDIATE RELEASE:**

## **Four County Mental Health Center Offers Mental Health First Aid (MHFA) Training in Coffeyville, KS**

Four County Mental Health Center will be offering Mental Health First Aid (MHFA) training. This training course provides people with tools to identify when someone might be struggling with a mental health or substance use problem and to connect them with appropriate support and resources when necessary.

One in five Americans has a mental illness, but many are reluctant to seek help or might not know where to turn for care. Unlike physical conditions, symptoms of mental health and substance use problems can be difficult to detect. For friends and family members, it can be hard to know when and how to assist. As a result, those in need of mental health services often delay getting help.

Just as CPR helps even those without clinical training assist an individual having a heart attack, Mental Health First Aid prepares participants to interact with a person experiencing a mental health crisis. Mental Health First Aiders learn a 5-step action plan that guides them through the process of reaching out and offering appropriate support.

**DATE:** Monday, May 24, 2021

**LOCATION:** Four County Mental Health Center, 1601 W. 4<sup>th</sup> Street, Coffeyville, KS 67337

**TIME:** 9:00 am – 3 pm

**FEES:** \$20 per participant (includes lunch, pre-course online access, participant guide, and in-person training). Advance payment (payable to Four County Mental Health Center) is required by May 7, 2021 in order to complete the registration process to receive online work.

**DETAILS:** You must complete the 2-hour self-paced online pre-course work to be eligible to attend the in-person session. Class size has a minimum of 10 and maximum of 20 people to allow for social distancing.

**QUESTIONS:** For more information, please contact Robin Brannum, 620-332-5111, email-[rbrannum@fourcounty.com](mailto:rbrannum@fourcounty.com) or Kathy Newman 620-464-3151 email-[knewman@fourcounty.com](mailto:knewman@fourcounty.com).

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*To learn more about Mental Health First Aid USA, visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org).*

*The National Council for Behavioral Health was instrumental in bringing Mental Health First Aid to the USA and more than 1 million individuals have been trained.*