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Date: 8/27/2017 3:27:36 PM

Subject: FW: Adult Mental Health First Aid Training on Tuesday, October 3, 2017 - REGISTER NOW!

Attachments: [Oct 3 2017 MHFA Poster.pdf](#)

For those interested, submit a training request via your sergeant. No overtime is authorized.

J. Glantz

Sergeant

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From: Jacki Marson [mailto:jacquem@kmhs.org]

Sent: Tuesday, August 22, 2017 9:58 AM

To: Jacki Marson <jacquem@kmhs.org>

6/1/2018

Subject: Adult Mental Health First Aid Training on Tuesday, October 3, 2017 - REGISTER NOW!

Good morning,

Please see the announcement below regarding the Adult Mental Health First Aid Training taking place on Tuesday, October 3, 2017 at Kitsap Mental Health Services. To learn more about the 8-hour training and register via our secure online registration form, please visit the Mental Health First Aid Training page on our website:

http://www.kitsapmentalhealth.org/mental_health_first_aid_training.aspx

I have also attached an informational poster for you regarding this training. If you would consider sharing this information with friends and colleagues as appropriate it would be greatly appreciated!

There are a limited number of spaces for the training, so be sure to register early!

Thank you very much!

Sincerely,

Jacki Marson
Development Coordinator
Kitsap Mental Health Services
Development and Community Relations
(360) 415-5801
E-mail: jacquem@kmhs.org

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Mental Health First Aid Training

- 1 in 5 families is affected by a mental health disorder.
- 1 in 4 Americans will be diagnosed with a mental health condition this year.
- Every 16 minutes someone in the US dies by suicide.
- One of the first places people turn to for help is their friends, family, and co-workers.

DO YOU KNOW HOW TO HELP?

The Mental Health First Aid (MHFA) "5 step method" teaches how to give initial help for someone developing a mental illness or experiencing a mental health crisis until appropriate professional help or other assistance can be engaged.

This highly acclaimed 8-hour certificated course teaches signs and symptoms of common mental health problems, when and where to get help, and what type of help is shown effective.

DATE & TIME:

**Tuesday, October 3, 2017
8:15 a.m. to 5:00 p.m.**

LOCATION:

**Kitsap Mental Health Services
Keller House Education Center
5441 Almira Drive NE, Bremerton**

COST:

\$35 for the 8-hour course

LUNCH:

Please bring a sack lunch

**For more information and to register,
please visit www.kitsapmentalhealth.org.**

Photographs used are for illustrative purposes only. Persons depicted are models.