



The Adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health crisis or substance use problem. Topics covered include anxiety, depression, psychosis and substance use.



Youth Mental Health First Aid is designed to help an adolescent (age 12-18) who is experiencing a mental health or substance use challenge or is in crisis. Youth Mental Health First Aid training is for adults who regularly interact with young people.

## Certified MHFA Instructors in Columbiana County

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**Mental Health First Aid is one of many programs supported by the Columbiana County Mental Health and Recovery Services Board. For more information, visit [ccmhrs.org](http://ccmhrs.org).**



**You could  
be the  
help  
someone  
needs**



## What you will learn

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and substance use concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

## Who takes the course?

Anyone, anywhere can be the one to make a difference in the life of someone with a mental health or substance use challenge – if they know what to do and what to say. This 8-hour course provides the tools to help friends, family members, colleagues, or others in the community.

- Educators/Administrators
- Human Resources
- Primary Care Workers
- Faith Communities
- Social Service Staff, Volunteers
- Policymakers

## Mental Health First Aid teaches:

- Risk factors and warning signs of mental health concerns
- Information on depression, anxiety, trauma, psychosis and substance use
- A 5-step action plan to help someone developing a mental health concern or in crisis
- Available evidence-based professional, peer and self-help resources

## Reduce negative perceptions and attitudes

Individuals trained in Mental Health First Aid increase their knowledge of signs, symptoms, and risk factors of mental illnesses and substance use disorders and can identify multiple professional and self-help resources. The training reduces negative perceptions and attitudes about people with mental illnesses and substance use disorders, giving first-aiders the confidence to help others and advise them to seek appropriate treatment and support.

**For more information, contact the Columbiana County Mental Health and Recovery Services Board, 330-424-0195 Ext. 106, or email [mwaybright@ccmhrs.org](mailto:mwaybright@ccmhrs.org).**



ALGEE, the Mental Health First Aid mascot and mnemonic for the 5-step action plan:

- **A**ssess
- **L**isten
- **G**ive reassurance and information
- **E**ncourage professional help
- **E**ncourage self-help and peer support