



MENTAL  
HEALTH  
FIRST AID

## Mental Health First Aid

*Similar to 'First Aid' and CPR, 'Mental Health First Aid' teaches you how to help those experiencing mental health problems until professional help is available.*

**What:** Mental Health First Aid for Public Safety  
**Date:** October 23, 2015  
**Time:** 8:00 AM to 4:30 PM  
**Location:** State of Alaska Crime Lab classroom  
4805 Dr. Martin Luther King Jr. Ave, Anchorage

**Why:** Just as police departments have acquired new methods for applying non-deadly force in dangerous situations, the knowledge acquired in Mental Health First Aid training gives officers strategies for trying to prevent a situation on the street from escalating.

Mental Health First Aid training has also helped officers overcome challenges in negotiating the mental health system. They realize that just as they experience frustration with the long waits they may encounter when they take an individual to a hospital emergency room, mental health professionals also get frustrated in their efforts to get people the help they need. This realization has forged greater mutual respect between the mental health and law enforcement communities.

### **GOALS OF TRAINING**

- Helping safety of First Responders
- Helping safety of the population being served
- Access mental health services easier
- Gaining knowledge and tools to deescalate or prevent mental health crises
- Prevent unnecessary use of force

**Register:** Please register through the TTC Learning Management System (LMS) at: [http://ttclms.org/class\\_detail.php?z\\_classid=106406](http://ttclms.org/class_detail.php?z_classid=106406)

**Contact:** For more information or questions, contact Wendi Shackelford at 907-264-6224 or [wendis@alaskachd.org](mailto:wendis@alaskachd.org).

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*UAA is an AA/EO employer and educational institution.*

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