

Free Mental Health First Aid courses to be offered Nov. 8, 15

Written by Holyoke Enterprise

Mental health problems— such as depression, anxiety, impulse control and misuse of alcohol and other drugs—are shockingly common in the United States. In fact, more than one in four American adults will have a mental health problem in a year.

The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including Centennial Mental Health Center and Rural Solutions, to implement Mental Health First Aid to arm the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis.

The youth Mental Health First Aid course is for adults who work with adolescents. This course will be held Friday, Nov. 8 in Sterling. The adult Mental Health First Aid course will be held Friday, Nov. 15 in Limon.

For the full article, call 970-854-2811 for more information about setting up an e-Subscription.

Holyoke Enterprise October 31, 2013