



Please direct correspondence about
Mental Health First Aid to:

Grand Prairie Services
Attn: Alicia Betts-Garrett
17746 Oak Park Avenue
Tinley Park, IL 60477
Phone: (708) 444-1012
Website: www.gpsbh.org



Myth: Mental illness is something that only affects others.

Fact: An estimated 1 in 4 Americans have symptoms of a diagnosable mental illness. Mental health crises occur frequently in the workplace, church, family, school, and community.

Myth: Mental illness is not that serious, people get over it.

Fact: Medical experts rate mental disorders among the most significant illnesses. Mental illness interferes with a person's ability to go to school, work, care for himself or herself and form relationships.

Our Mission

The Mission of Grand Prairie Services is the provision of holistic emotional and behavioral health services for individuals, families and communities of the Southland region with an emphasis on recovery and optimal functioning.



GRAND PRAIRIE SERVICES
BEHAVIORAL HEALTHCARE

Find us at:
www.gpsbh.org



What is Mental Health First Aid?

Mental Health First Aid is an 8-hour training course. Just as CPR training helps a layperson assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

You Will Learn

The prevalence of mental illnesses in the U.S. and their emotional and economic cost.

The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders and substance abuse disorders.

A 5-step action plan to help an individual in crisis connect to professional care.

Resources available to help someone with a mental health problem.

Who can be a Mental Health First Aider?

- * Educators
- * College/University Leaders
- * Students
- * Human Resource Professionals
- * First Responders/Security Personnel
- * Nurses/Physician Assistants
- * Members of Faith Communities
- * Social Workers
- * Caring Citizens

Did You Know?

You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack. Mental Disorders are more common than heart disease and cancer combined.

Enrollment Information

Attendance

Mental Health First Aid is a 8-hour training course that must be attended in its entirety to receive certification. Because of the interactive nature of the course, only 15-25 individuals will be enrolled in each course.

Location

If your group has 12 or more individuals, please contact us and we may be able to hold the course at a location convenient for you.

Cost

The cost of the course is \$45.00 per person, or \$35 per person for groups of 5 or more from the same organization. The cost includes 8-hour instruction and a manual. Light snacks will be provided.

The registration form and payment in full must be received by the Friday before the program start date.

Certification

A certificate will be issued at the completion of the course and may be renewed every three years. Participants may submit their certificate to their appropriate regulatory board for approval of continuing education credits.

Cancellation Policy

To cancel your registration, please contact Alicia Betts-Garrett, Human Resources at Grand Prairie Services (708) 444-1012.

Enrollment Form

To register over the phone, please call Alicia Betts-Garrett at 708-444-1012, ext. 1548.

To mail your payment and enrollment information form:

Grand Prairie Services,
Mental Health First Aid Training
17746 Oak Park Avenue
Tinley Park, IL 60477
Attn: Alicia Betts-Garrett.

Workshops

Please visit our website at www.gpsbh.org for scheduled trainings.

Personal Information

Name: _____

Address: _____

Phone Number: _____

Email: _____

(Please make checks and money orders payable to Grand Prairie Services)

Credit Card Payment

Amex __ Discover __ MasterCard __ Visa __

Name on Card: _____

Credit Card Number : _____

Expiration Date: _____