

Recognizing suicidal gestures covered in upcoming mental first aid classes

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By

MOBILE, Alabama -- AltaPointe Health System in Mobile has joined a national initiative to increase mental health literacy and help community members recognize when someone might need help, officials said.

Mental Health First Aid training will be offered by AltaPointe Health Systems next Thursday and Friday, March 29-30, from 8:30 a.m. to 4:30 p.m. at AltaPointe's offices, 3650 Old Shell Road in Mobile.

Registration is required, said spokeswoman Carol Mann. She said participants will learn how to identify, understand and respond to the signs of mental illness.

Mental Health First Aid is an evidence-based training program for anyone interested in learning how to recognize and diffuse a mental health crisis.

Groups and individuals that may benefit from Mental Health First Aid training include mental health and social service professionals, primary care professionals, employers and business leaders, faith communities, school personnel and educators, law enforcement, nursing home staff members among others.

Besides the classes next week, AltaPointe's Mental Health First Aid team also can provide this training at one of its locations or at a location chosen by the trainee, Mann said.

The certification course can be divided into a series of class times. Non-profit and group rates are available. Those who want to register for the March course or to schedule training may call 251-450-1386, go to **AltaPointe.org** or email **mentalhealthfirstaid@altapointe.org**.