



AltaPointe offers Mental Health First Aid

Published: Friday, November 30, 2012, 11:32 AM Updated: Friday, November 30, 2012, 11:58 AM



By **Press-Register staff**

MOBILE, AL – The next Mental Health First Aid (MHFA) Course will be offered by AltaPointe Health Systems Dec. 6-7 from 8:30 a.m. to 4:30 p.m. at AltaPointe's Auditorium Annex, 3650 Old Shell Road in Mobile.

Mental Health First Aid is an evidence-based training program for community members interested in learning how to recognize and diffuse mental health crises. The 12-hour training certification course teaches participants how to help an individual until professional treatment is obtained or the crisis resolves. Registration is required. The course fee is \$75 for nonprofit organizations and \$125 for for-profit organizations and the general public.

MHFA training helps participants identify, understand and respond to signs of mental illness such as depression, suicide, panic attacks, paranoia and psychotic episodes. Thorough research has proved the CPR-like program effective in improving trainees' knowledge of mental disorders, increasing the amount of help provided to affected individuals and reducing stigma.

Groups and individuals that would benefit from MHFA 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 and members of the public.

Individuals must register in advance for the training. For more information, call 251-450-1386 or visit www.AltaPointe.org.

© 2012 al.com. All rights reserved.