Thursday, August 3, 2017  
7:45 a.m. – 5:00 p.m.  
Butler County Extension Office  
614 Lindsay Ave., Suite 3 Poplar Bluff

**What is Mental Health First Aid?** Mental Health First Aid (MHFA) is the initial help given to someone who may be developing a mental health problem or experiencing a mental health crisis. The aid provided is not a substitute for professional help, but may help in stabilizing the person until appropriate professional or other assistance (including peer and family support) can be engaged.

**Description of the Program:**  
This 8-hour course teaches people how to give first aid to individuals experiencing a mental health crisis situation and/or who are in the early stages of a mental health disorder. Participants will learn the signs and symptoms of the most common mental health problems, where and when to get help, and what type of help has been shown to be effective.

**CEU available upon completion of training from Missouri Institute of Mental Health for $15**

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**Equal Opportunity/ADA Institution**

**Registration—$20**

Registration fee includes lunch and workbook.

**REGISTRATION:** Mail along with payment to University of Missouri Extension, 614 Lindsay Ave., Suite 3, Poplar Bluff, Missouri 63901

Name: ________________________________

Mailing address: ________________________________

Email: ________________________________

Home phone: ________________________________Work phone: ________________________________

Cell phone: ________________________________

Payment enclosed: ________________________($20)  If paying with credit card please call 686-8064.