

# #MENTAL HEALTH FIRST AID

## SOCIAL MEDIA

### ORGANIZATION/COMPANY

#### FACEBOOK POST:

[ENTER ORGANIZATION] is excited to announce that we now have [XX] people who are certified in Mental Health First Aid! These individuals received training on how to respond to and assist someone who is experiencing a mental health crisis. This great training will help us better serve our residents and our community. Thank you @MentalHealthofAmericaFC and @ADAMHBoardofFranklinCounty for this wonderful training.

#### INSTAGRAM POST:

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#ORGANIZATION #MentalHealthofAmericaFC #ADAMH #MentalHealthFirstAid #Certified #ReduceStigma #EndStigma #FranklinCounty #Columbus

#### FACEBOOK OR INSTAGRAM ORGANIZATION/ COMPANY GRAPHIC [RIGHT CLICK SAVE AS IMAGE]:



## INDIVIDUAL

### FACEBOOK POST:

Thanks to the training from @MentalHealthAmericaFC and @ADAMHBoardofFranklinCounty, I am officially certified in @MentalHealthFirstAidUSA! Proud to be #1in1m

### INSTAGRAM POST:

Thanks to the training from Mental Health America Franklin County and @ADAMHBoardofFranklinCounty, I am officially certified in @MentalHealthFirstAidUSA! Proud to be #1in1m

#ADAMH #MHAOFC #MHFAUSA #MentalHealthFirstAid #Certified #1in1m #FranklinCounty #LifeinCbus #Ohio

### FACEBOOK OR INSTAGRAM INDIVIDUAL GRAPHIC [RIGHT CLICK SAVE AS IMAGE]:



## NEWSLETTER ARTICLE

### ORGANIZATION/COMPANY (PARTICIPATED)

"In **DATE (MONTH)**, our organization participated in a Mental Health First Aid (MHFA) training. We are excited to announce that we now have **[XX]** people who are certified Mental Health First Aiders! These certified individuals are now better equipped with skills to respond to and assist someone who may be experiencing a mental health crisis or substance abuse issue.

The MHFA training was developed in 2001 and was designed to help non-clinical individuals develop skills that will help them assist a person who may be developing mental health or substance abuse issues.

**ORGANIZATION** would like to thank Mental Health of America Franklin County and ADAMH Board of Franklin County for this wonderful training. Our staff **OR** team is now better able to serve our community through Mental Health First Aid.

## ORGANIZATION/COMPANY (GENERAL)

The Alcohol, Drug and Mental Health Board of Franklin County (ADAMH) and Mental Health America of Franklin County (MHAFC) will offer four Mental Health First Aid courses in Columbus in 2017. This 8-hour training gives people the tools to identify when someone might be struggling with a mental health or substance use problem and to connect them with appropriate support and resources when necessary.

1 in 5 Americans has a mental illness, but many are reluctant to seek help or might not know where to turn for care. Unlike physical conditions, symptoms of mental health and substance use problems can be difficult to detect. For friends and family members, it can be hard to know when and how to step in. As a result, those in need of mental health services often do not get them until it is too late.

Just as CPR helps even those without clinical training assist an individual having a heart attack, Mental Health First Aid prepares participants to interact with a person experiencing a mental health crisis. Mental Health First Aiders learn a 5-step action plan that guides them through the process of reaching out and offering appropriate support.

In just 10 years, Mental Health First Aid has become a full-blown movement in the United States—more than 550,000 people are certified in Mental Health First Aid, and that number is growing every day.

You can earn your Mental Health First Aid certification at one of these courses. The courses will be held at ADAMH, 447 East Broad Street, Columbus, Ohio 43215.

September 6, 2017 (8 a.m. – 5 p.m., lunch included)

October 3 & 4, 2017 (8 a.m. – noon, no lunch)

November 14, 2017 (8 a.m. – 5 p.m., lunch included)

*There is no cost to you.* You can register for these courses at this link on Mental Health America Franklin County's website: <http://mhafc.org/get-help/workplace-community-program/mental-health-first-aid/>.