

PRESS RELEASE

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ANNUAL DEPRESSION AWARENESS MONTH

JACKSON (October 4, 2013). One in five Americans currently live with a mental health disorder, which often leads to or is paired with a substance use disorder. Unfortunately, only one in three of these individuals will receive the necessary mental health services that could lead to their recovery and improved overall wellness. Too often, the end result is suicide. As a nation, and as a state, we can do better to ensure more individuals who are in need of mental health support receive it.

Mental Health First Aid is a unique, groundbreaking public education program designed to help family, friends, and co-workers identify and better assist someone with a mental illness. Just as CPR training helps people with no medical training assist someone experiencing a heart attack, Mental Health First Aid educates community members on how to help people in a mental health crisis until professional assistance arrives.

The eight hour interactive course teaches participants how to create a safe and respectful atmosphere for individuals that may show symptoms of a mental health disorder. Participants also learn:

- The potential risk factors and warning signs for mental health problems, including depression, anxiety, eating disorders, substance use disorders and self-injury
- An understanding of the prevalence of mental health disorders in the U.S. and the need for reduced stigma
- A 5-step action plan encompassing skills, resources and knowledge needed to assess the situation, select and implement interventions, and to help an individual connect with appropriate professional care
- Evidence-based professional, peer, social and self-help resources available to help someone with a mental health problem

If you are interested in participating in a Mental Health First Aid training, visit LifeWays Community Mental Health Website to take advantage of the multiple classes scheduled throughout the year.

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More information about:

Jackson County Substance Abuse Prevention Coalition and its activities, please contact Kelsey Haynes at (517) 796-5133 or via email at khaynes@uwjackson.org

Our efforts are funded through Community Mental Health Authority of Clinton, Eaton and Ingham Counties, Substance Abuse and Mental Health Services Administration and the Michigan Department of Community Health.