



NEWS FOR IMMEDIATE RELEASE:
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CONTACT:
Jeanne Oliver
Public Information Officer
303-432-5174
Jeanne@jcmh.org

FREE Mental Health First Aid Classes! *Start off the New Year Gaining Valuable Skills . . .*

WHEAT RIDGE – Depression. Anxiety. Substance abuse. These are but a few of the mental health challenges people in Colorado struggle with every day. In fact, one out of five people you meet has struggled with a mental health or substance use problem at some point in their lives.

Residents of rural mountain communities often rely on friends and neighbors to help each other out during times of difficulty. With locations in Black Hawk, Evergreen and Idaho Springs, Jefferson Center for Mental Health is your neighbor who is there to help with mental health or substance use issues. As a community partner, we are proud to offer Mental Health First Aid classes to the mountain community.

Mental Health First Aid (MHFA) is an innovative, 8-hour course designed to give you the tools to recognize a range of mental health problems and the skills and confidence to help someone in a mental health crisis. MHFA training helps a layperson assist someone in crisis, such as contemplating suicide, until appropriate professional help arrives. The program provides a concrete action plan that includes assessing risk, respectfully listening to and supporting the individual in crisis, and identifying appropriate professional help and other supports.

MHFA for Veterans discusses military culture and its relevance to mental health, reviews specific risk factors faced by many service members and their families (such as trauma, stress and separation) and helps break down the stigma associated with mental health problems. The course is designed specifically for service members and those who support them, and helps Veterans connect to resources available in their community.

Mental Health First Aid
Wednesday, January 13
8:30 a.m. – 5:00 p.m.
Clear Creek County Courthouse
405 Argentine Street
Georgetown, CO 80444

Mental Health First Aid for Veterans
Wednesday, January 27
8:30 a.m. – 5:00 p.m.
Clear Creek County Courthouse
405 Argentine Street
Georgetown, CO 80444

MHFA classes are provided FREE of charge, and registration includes the MHFA textbook and lunch. All who complete the course receive a certificate of completion. Registration is required and space is limited. Those interested in participating can register via the Jefferson Center website at www.mhfajcmh.org.

This evidence-based training has been featured in ABC News, USA Today and NPR. Jefferson Center has been providing MHFA since 2009 and has trained more than 1,000 people in our community, law enforcement, Red Rocks Community College, Metro Community Provider Network, Jeffco Department of Health and Environment and more.

For more information, contact Julie DiTullio at 303-432-5644 or julied@jcmh.org.

About Jefferson Center for Mental Health

Celebrating its 57th year, Jefferson Center for Mental Health helps bring hope for a brighter future to thousands of community members who struggle with mental health challenges. As the community's nonprofit mental health center, Jefferson Center serves people throughout Jefferson, Gilpin and Clear Creek counties at over 23 locations, as well as schools, nursing homes, senior centers and other community settings. Last year Jefferson Center served more than 28,700 people in need. Center staff has expertise in numerous areas including children and family issues, adults with serious mental illness, suicide prevention, early intervention, juvenile justice, and trauma treatment. For more information about Jefferson Center, visit www.jcmh.org.