



NEWS FOR IMMEDIATE RELEASE:
January 4, 2016

CONTACT:
Jeanne Oliver
Public Information Officer
303-432-5174
Jeanne@jcmh.org

FREE Mental Health First Aid Class *Upcoming class focuses on veterans' mental health*

WHEAT RIDGE – Maybe this year you vowed to be a better person, learn a new skill or take better care of yourself? You can take a step toward achieving all those goals by attending at FREE Mental Health First Aid (MHFA) for Veterans class. (NOTE: You do not need to be a veteran to attend the class; it's focused on how to help veterans.)

As a mountain community partner, with locations in Black Hawk, Evergreen and Idaho Springs, Jefferson Center for Mental Health understands that residents often rely on friends and neighbors to help in times of need. We are proud to offer this MHFA class free in order to provide residents the tools they need to help their neighbors and friends.

MHFA for Veterans 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. The class 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 community resources.

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.