



**MENTAL  
HEALTH  
FIRST AID**



# Mental Health First Aid USA



***Schedule a Training NOW!***

## ***What is Mental Health First Aid?***

It is the help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is received or the crisis resolves.

Mental Health First Aid does not teach people to be therapists, rather it teaches lay people how to assist someone who may be in the early stages of developing a mental health problem or in a mental health crisis.

## ***Who Can Be A Mental Health First Aider?***

- Educators/School administrators
- Employers
- Faith communities
- Homeless shelters
- Hospitals and primary care health centers
- Law enforcement/other first responders
- Nursing homes
- Policymakers
- Substance abuse professional
- **YOU!**

## ***Bringing Mental Health First Aid to You***

Christy Buck, Executive Director of the Mental Health Foundation of West Michigan will come to you at your place of work, study, or other place you designate and will adapt the exercises to meet your needs. Give her a call for pricing and details.

**ST. NICHOLAS CHURCH/TROY**  
**MONDAY, JUNE 3, 2019**  
**3:30PM – 9:00PM**

## ***Join Mental Health First Aiders across the USA***

The stigma surrounding mental illness often prevents people from seeking help or even acknowledging that they need help. And if they do want help, they don't know where to turn. Mental Health First Aid equips the public to help persons with mental illness connect to care.

***Mental Health First Aid is a highly interactive  
8-hour program taught to small groups.***

## ***Christy Buck, Instructor***

Christy Buck has worked in the mental health field for 26 years as a professional licensed social worker. She graduated from Michigan State University with a Bachelor of Science degree in Therapeutic Recreation. In her current position of Executive Director of the Mental Health Foundation of West Michigan, her passion has turned to saving lives.



Christy has done extensive presentations on mental health, suicide prevention and the effects of bullying on your mental health to communities all over West Michigan. Since 2006, she and her staff have presented these messages to over 24,000 students in West Michigan. Most recently she has been certified by the National Council for Behavioral Health in Mental Health First Aid.

In addition, Christy is a member of the Grandville School Board, the Kent County Suicide Prevention Coalition, YMCA Strong Beginnings Impact Program Committee and Corporate Health and Wellness Committee, Activate West Michigan the Department of Community Health Anti-Stigma Campaign Steering Committee and the Grandville Community Leaders Forum. She is also a youth advisor to the local chapter of Greek Orthodox Youth of America and in 2012 she was recognized as Grandville's Distinguished Person of the Year.