



# The Armstrong Center for Hope

*Psychological and Spiritual Wellness for All Ages*

Presents:

## Mental Health First Aid

### *Program Description*

Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia. At the end of the course participants will be able to support someone developing signs and symptoms of a mental illness or in an emotional crisis by:

- Assessing for risk of suicide or harm
- Listening nonjudgmentally
- Giving reassurance and information
- Encouraging appropriate professional help
- Encouraging self-help and other support strategies



### *Presenter*

**Dr. Lorraine Graves, PhD, MSW, LCSWA.** She is a clinical licensed social worker associate. Dr. Graves received her PhD in Human Services with a concentration in Clinical Social Work from Walden University, Master of Social Work (MSW) with a Clinical Social Work concentration from Boston College, and Bachelors of Art (BA) in Human Development from Boston College. Dr. Graves utilizes strengths based techniques, integrates spirituality, and employs theoretical orientations, such as, cognitive behavior therapy, to address the needs of her client. Stress management, anxiety, depression, self-esteem, role strain, and professional and spiritual development are her clinical interests.

**Date:** Sat, November 12, 2016

**Time:** 08:30 am to 4:30 pm

**Credits:** 8 CE credits

**Fee:** \$49<sup>00</sup> per person

**Early bird:** \$39 (thru Nov 5<sup>th</sup>)



**Location:** The Armstrong Center for Hope  
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Visit us at <https://armstrongcfh.com> or call 919-418-1718