



The Nord Center

Comprehensive Behavioral Healthcare

For Immediate Release

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The Nord Center Presents Mental Health First Aid Program

The Nord Center is hosting Mental Health First Aid, a free course for anyone wanting to learn about mental illnesses and addictions, including risk factors and warning signs. Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — Mental Health First Aid helps you assist someone experiencing a mental health related crisis.

The course will provide a basic understanding of what different mental illnesses and addictions are, how they can affect a person's daily life and what helps individuals experiencing these challenges get well. The 8-hour course is spread out over 4 weeks, and will take place every Friday in April from 12:00 pm – 2:00 pm at The Nord Center's South Broadway location.

- Session 1 - Friday April 4: Introduction to Mental Health
- Session 2 - Friday April 11: Depression and Anxiety
- Session 3 - Friday April 18: Bipolar Disorder, Psychosis
- Session 4 - Friday April 25: Substance Abuse

There is no charge for this program. Lunch will be provided. CEU's are pending. Class size is limited to 30 people. Reservations will be on a first-come, first-served basis.

To RSVP, contact Sue Frontino-Hendricks, 440.204.4256, or email SFrontino-Hendricks@nordcenter.org.

Training is being funded by the Nordson Foundation and will be provided by Holly Conduff from the Lorain County Board of Mental Health. For more information on the program, visit www.MentalHealthFirstAid.org.

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