

**Mental Health First Aid Training
For Adults Assisting Young People**

(Fort Myers, Fla. – April 9, 2018) --- In an effort to increase mental health literacy in our community, Lee Health is offering Mental Health First Aid training. A course is set for Thursday, April 26 from 9 a.m.-5 p.m. at the Healthy Life Center at the Wellness Center – Cape Coral (609 SE 13th Court, Cape Coral). There also will be a session on Saturday, April 28 from 8 a.m.-4 p.m. at the Healthy Life Center – Coconut Point (23190 Fashion Drive, Suite 105, Estero).

Youth Mental Health First Aid gives people the tools to identify when an adolescent might be struggling with a mental health or substance abuse problem and to connect them with appropriate support and resources when necessary. This is a valuable course for anyone working or volunteering with youth between the ages of 10-18, including teachers, coaches, medical staff, church youth advisors, sports club staff and camp counselors.

One in five Americans has a mental illness, but many are reluctant to seek help or might not know where to turn for care. Unlike physical conditions, symptoms of mental health and substance abuse problems can be difficult to detect. For friends and family members, it can be hard to know when and how to step in. As a result, those in need of mental health services often do not get them until it is too late.

Just as traditional first aid and CPR help even those without clinical training assist an individual during a medical emergency, Mental Health First Aid prepares participants to interact with a person experiencing a mental health crisis. Participants in the program learn a five-step action plan that guides them through the process of reaching out and offering appropriate support.

The National Council for Behavioral Health helped bring Mental Health First Aid to the United States in 2008. In 10 years, more than 1 million people have been certified as Mental Health First Aiders.

For more information or to register to participate, call 239-343-6199 or email Richard.Keelan@LeeHealth.org.

About Lee Health

Since the opening of the first hospital in 1916, Lee Health has been a health care leader in Southwest Florida, constantly evolving to meet the needs of the community. A non-profit, integrated health care services organization, Lee Health is committed to the well-being of every individual served, focused on healthy living and maintaining good health. Staffed by caring people, inspiring health, services are conveniently located throughout the community in four acute care hospitals, two specialty hospitals, outpatient centers, walk-in medical centers, primary care and specialty physician practices and other services across the continuum of care. Formerly known as Lee Memorial Health System, the organization began its second century of service with a new name in 2016. Learn more at www.LeeHealth.org.

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