

# 2018 Mental Health First Aid Classes at Linden Oaks

## Training to manage a mental health crisis

Mental Health First Aid is a public education program designed to teach individuals how to interact with and help someone experiencing a mental health or addictions challenge or crisis. Participants learn mental illness signs and symptoms, risk assessment, intervention strategies, and effective communication skills.

### MENTAL HEALTH FIRST AID DATES

Geared towards anyone who wants to learn how to help person experiencing a mental health crisis/issue.

**Wednesday, March 28 & Thursday, March 29**  
**8:00 am - 12:00 pm**

Elmhurst Hospital, 155 E Brush Hill Road, Elm Room,  
Elmhurst, IL 60126

**Wednesday, June 13**  
**8:00 am - 5:00 pm**

Linden Oaks Naperville Outpatient Center, 1335 N  
Mill Street, Education Center, Naperville, IL 60563

### YOUTH MENTAL HEALTH FIRST AID DATES

Designed to teach parents, family members, teachers, and other adults who live or interact with adolescents skills to handle a mental health crisis/issue.

**Wednesday, March 14 & Thursday, March 15**  
**8:00 am - 12:00 pm**

Linden Oaks Plainfield Outpatient Center (Edward  
Outpatient Center), 24600 W. 127th Street, Building  
A, Conference Room 1&2 (Lower Level), Plainfield, IL

**Wednesday, April 4 & Wednesday, April 11**  
**8:00 am - 12:00 pm**

Northwest Community Healthcare, 900 W Central  
Road, Wellness Center, Arlington Heights, IL 60005

**Wednesday, June 6**  
**8:00 am - 5:00 pm**

Linden Oaks St. Charles Outpatient Center, 3805 E  
Main Street, Suite J, St. Charles, IL

### Registration

Course registration is free. Continuing education units are available for a \$50 fee.

To register visit:

[www.eehealth.org/mental-health-first-aid](http://www.eehealth.org/mental-health-first-aid)

### Continuing Education Units Offered

RN, IAODAPCA (CADC), LCPC/LPC,  
LCSW/LSW, LMFT, CPDU, & Psychologist