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**Public Health**  
Prevent. Promote. Protect.

*Lincoln County*

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FOR IMMEDIATE RELEASE

### **Mental Health First Aid Classes Available Throughout Lincoln County**

*Schedule a class for your organization today*

NEWPORT, Ore. – Lincoln County Public Health has openings to teach Mental Health First Aid classes to organizations within Lincoln County. Similar to traditional First Aid and CPR, Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until appropriate professional treatment is obtained or the crisis resolves. Certification for Mental Health First Aid is an 8-hour training course that introduces participants to risk factors and warning signs of mental health problems, outlines their impact, and overviews common treatments. Class attendees learn a five-step action plan to help loved ones, coworkers, clients, neighbors and others cope with mental health problems.

Mental Health First Aid is an evidence-based public education and prevention tool that improves the public's knowledge of mental health problems *and* connects people with care for their mental health challenges. Evaluations have proven the class improves participant knowledge of mental disorders, reduces stigma, and increases the amount of help provided to others.

Every year 1 in 5 people experience mental health illnesses; on average, Lincoln County residents report 4.1 poor mental health days over the previous month. Only 66.6 percent of county residents report good mental health, suggesting they experienced no poor mental health in the past 30 days. Stigma, lack of awareness, and a shortage of resources all play a part in preventing individuals from seeking help. For these reasons, Mental Health First Aid classes have been growing in popularity over the past few years. The skills learned in this course can make all the difference in a mental health crisis.

Lincoln County Public Health (LCPH) has three passionate instructors that teach classes throughout the county. In 2017, LCPH completed 7 trainings with a total of 127 Lincoln County participants certified as 'Mental Health First Aiders.' In total, 312 participants have been trained by LCPH instructors.

Classes, training materials and lunch are provided free of charge. If your organization is interested in being trained in Mental Health First Aid or for more information please visit:

<http://www.co.lincoln.or.us/hhs/page/mental-health-first-aid> or contact Jess Palma at 541-265-6611 x 3327 or [jpalma@co.lincoln.or.us](mailto:jpalma@co.lincoln.or.us)

*Lincoln County Public Health, in collaboration with our community partners, provides leadership to assure the conditions for healthy communities.*

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