



**Intake/Assessments on Thursdays only
(Morning hours 7-10am) (Afternoon hours 1-3pm)**

No appointment needed

First come – First served

Intake/Assessments take approximately 2 hours

PLEASE Bring the following documents:

1. Tribal ID, **if you have no tribal ID then bring in State ID or Driver License with your CIB (Certificate of Indian Blood)**

2. Court Order

PLEASE NOTE: You must have your documents before we can see you – no exceptions.

Training:

Mental Health First Aid for Adults (18 and older)

What is Mental Health First Aid?

Mental Health First Aid is an 8 hour course that teaches participants how to help a person developing a mental health problem or experiencing a mental health crisis. The help is given until appropriate treatment and support are received or until the crisis resolves. (<https://www.mentalhealthfirstaid.org/>)

What You Learn

- Risk factors and warning signs of mental health problems.
- Information on depression, anxiety, trauma, psychosis, and addiction disorders.
- A 5-step action plan to help someone developing a mental health problem or in crisis.
- Where to turn for help - professional, peer, and self-help resources.

(<https://www.mentalhealthfirstaid.org/>)

Training Schedule and Location

Date: January 18, 2017

Where: Ute Crossing Grill Conference Room

Time: 8:00-5:00pm

Lunch will be provided. No fee to attend this training; however pre-registration is needed to have sufficient training supplies available.

How to register

Please call 722-3234 to sign up if you plan to attend.