It’s easy to tell when someone is having a heart attack, choking, or can’t breathe. But what does depression or anxiety look like? What would you say to a person you know who says they are thinking about suicide? How can you help in a panic attack?

According to the Anxiety and Depression Association of America (ADAA), depression is the leading cause of disability in the United States, affecting more than 16.1 million adults, 18 years or older. Similar to traditional First Aid, Mental Health First Aid provides assistance to someone experiencing a mental health or substance-use-related crisis until professional treatment is obtained.

People who provide Mental Health First Aid want to make their communities healthier, happier and safer for all. The following professionals should consider becoming certified:

- Educators/School Administrators
- Human Resources Professionals
- Members of Faith Communities
- Homeless Shelter Workers
- Nurses/Physician Assistants/Primary Care Workers
- Police/First Responders/Security Personnel
- Mental Health Authorities
- Policymakers
- Substance Abuse Professionals
- Social Workers

COURSE INFORMATION
Students will be taught how to help others with mental health and/or substance abuse emergencies. Those who successfully complete the course will possess the important tools needed to identify and respond to signs of addictions and mental illnesses. They also will be taught a five-step action plan to help people who may be developing a problem or are already in a crisis. Assessing people’s risk of harm or suicide, listening nonjudgmentally, giving reassurance and information, encouraging appropriate professional help, and encouraging self-help and other supporting strategies are an essential part of this course.

CERTIFICATION
Students who successfully complete the eight-hour course will receive a Mental Health First Aid Certification. This credential will improve a student’s ability to provide support to someone experiencing a mental health crisis and increasing her/his employability in their field of interest.

Textbook and materials are included and will be distributed in class.

Instructor: Sandra Ouedraogo
CE1 267 B1 Meets: Saturday, March 28, 2020, 8:00am-4:30pm. ONE-DAY WORKSHOP. Bring lunch.
CE1 267 C1 Meets: Monday and Wednesday, June 22 and 24, 2020, 6:00pm–10:00pm. Registration begins April 1.
Fee: $145

For onsite group trainings, please contact the Center for Workforce Development at (516) 572-7487 and cwd@ncc.edu.
Last Name ____________________________________________________________
Complete First Name __________________________________________________
Address __________________________________________________________________
City ___________________________ Zip ___________________________  □ Male
Home Phone: ( ) ___________________________  □ Female
Cell Phone: ( ) ___________________________
Work Phone: ( ) ___________________________
*Birthdate: mm/dd/yyyy __/__/______ _______  Have you ever taken any courses
*required* at NCC?  □ Yes  □ No
e-mail: ___________________________________________________________  NCC ID #: __________________

COURSE SELECTION (Circle the section and start date of the course you are selecting.)

<table>
<thead>
<tr>
<th>CED #</th>
<th>SECTION</th>
<th>COURSE TITLE</th>
<th>DAY</th>
<th>FEE</th>
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</thead>
<tbody>
<tr>
<td>1267</td>
<td>B1</td>
<td>Mental Health First Aid - Starts March 28</td>
<td>Sat.</td>
<td>$145</td>
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<tr>
<td>1267</td>
<td>C1</td>
<td>Mental Health First Aid - Starts June 22</td>
<td>M &amp; W</td>
<td>$145</td>
</tr>
</tbody>
</table>

Total Amount: $145

Non-Credit Refund Policy: The fee is refundable when a course is canceled by the College. The fee is refundable to the student whose written request for withdrawal has been received by the Office of Workforce Development & Lifelong Learning prior to the beginning of the class. A 50% refund of the fee may be made to the student who has applied in writing to the Office of Workforce Development & Lifelong Learning prior to the second session of the class. NO REFUNDS WILL BE MADE AFTER THE SECOND CLASS MEETING. Please be advised that if a refund is due it will take approximately 2-3 weeks to be processed.

CREDIT CARD PAYMENT INSTRUCTIONS:
I authorize the use of my credit card for full payment of the amount of my course registration as indicated on this non-credit registration application.

Students with overdue tuition and fees may be referred to a collection agency and will incur additional liabilities of up to 33% to cover all associated collection cost processes.

Step 1: Print Cardholder’s name
(as it appears on the credit card).

Step 2: Provide Cardholder’s signature: ___________________________________________

Step 3: Please read: I certify that there is sufficient credit amount on the card listed below to cover the fee charges shown on the accompanying Registration Form. Otherwise, I understand the lack of approval by my credit card company will result in cancellation of this registration for non-payment.

Step 4: Card Information:
PLEASE Check ONE:  □ VISA  □ Mastercard  □ Discover  □ American Express
Card Number: ___________________________ Date of Expiration: __/__/______