

FOR IMMEDIATE RELEASE

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**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

SCCMHA providing free mental health first aid to Saginaw County residents and employers

Mental health support starts with everyone.

Saginaw County Community Mental Health Authority (SCCMHA) is focused on improving mental health for our community residents and partners and is offering free Mental Health First Aid (MHFA) training to those who work or live in Saginaw County.

Attendees will have the opportunity to learn about MHFA and how to assist adults, kids, military, fire, EMS and/or public safety with mental health support.

The training informs how to identify, understand and respond to signs of mental illness and substance use disorders, as well as providing the skills to respond to someone potentially developing these issues.

It will also teach how to apply the ALGEE action plan for possible suicide risks. This includes:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

This course is offered free of charge to community members, employers, police officers, hospital staff, first responders, faith leaders and anyone in Saginaw County interested in the training.

Training is offered live and virtual, although live options are limited.

Check [Mental Health First Aid Information | SCCMHA](#) or call (989) 797-3451 for further details.

For questions, contact Alecia Schabel at alecia.schabel@sccmha.org.

SCCMHA is headquartered at 500 Hancock Street in Saginaw. It provides numerous multidisciplinary behavioral and disability treatment and support services, including evaluations, screenings, active evidenced based treatment directly, as well as through a large, contracted provider network.

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