



APPROXIMATELY 12 MILLION WOMEN IN THE U.S. EXPERIENCE **CLINICAL DEPRESSION** EACH YEAR.  X 1M

More than **30 percent** of women will experience an anxiety disorder compared to more than 19 percent of men. 

Every **3 minutes**, a woman goes to the emergency room for prescription painkiller misuse or abuse. 

Risk factors for mental health disorders that disproportionately affect women include gender-based violence, socioeconomic disadvantage, income inequality and responsibility for the care of others. 

**Anyone, anywhere** can be the difference for someone experiencing a mental health or substance use challenge. Learn more at [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org).

Maumee Valley Guidance Center, in conjunction with the Four County ADAMhs Board, are offering Mental Health First Aid trainings in the Four County Area. Both Youth & Adult training models are available.

Associated cost:  
 \$18.95 Youth Model Participant Manual  
 \$19.95 Adult Model Participant Manual  
 Lunch



To schedule a training or participate in an upcoming training, please contact BJ Horner at 419-785-3815 or [bhorner@mvgcohoio.org](mailto:bhorner@mvgcohoio.org)

The Four County ADAMhs Boards covers the cost of the trainers and presentation.



## Who We Are

### About Us

Maumee Valley Guidance Center is a Community Behavioral Healthcare Center serving residents in Defiance, Fulton, Henry & Williams Counties for over 55 years. Our goals include:

- To raise awareness of mental health disorders.
- Assist those in need with comprehensive, team-oriented care and services.
- Help our community overcome the stigmas associated with mental health disorders.
- Diminish the prevalence of persons with behavioral healthcare disorders.
- Enhance the quality of life through innovative programs and services.

### Contact Us

Phone: 419-782-8855

Email: [mvgc@mvgcohoio.org](mailto:mvgc@mvgcohoio.org)



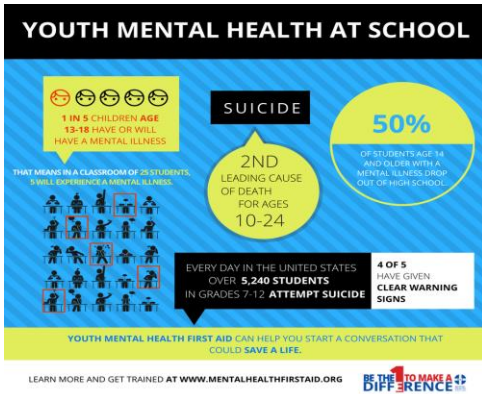
211 Biede Ave.  
 Defiance OH 43512  
 M-W-F 8a-5p; T&Th 8a-8p



**MENTAL  
 HEALTH  
 FIRST AID®**

**Maumee  
 Valley  
 Guidance  
 Center**

*Providers of Mental Health First  
 Aid and Youth Mental Health  
 First Aid Trainings*



## Mental Health First Aid®

Mental Health First Aid USA is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

Mental Health First Aid is a valuable resource that can make a difference in the lives of the 1 in 5 Americans struggling with mental illnesses and addictions, including those experiencing suicidal thinking. This eight hour in-person training teaches people how to help people developing a mental illness or experiencing a crisis.

Just as CPR helps even those without clinical training assist an individual having a heart attack, Mental Health First Aid prepares participants to interact with a person experiencing a mental health crisis.

Mental Health First Aiders learn a 5-step action plan that guides them through the process of reaching out and offering appropriate support.

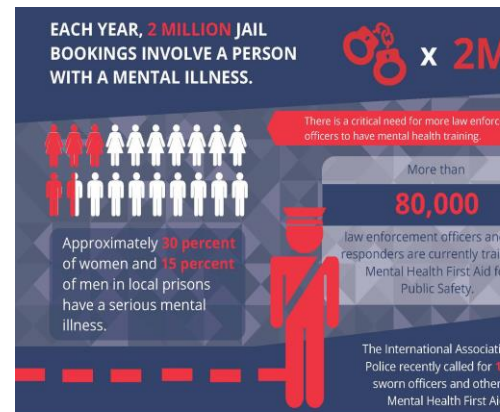
## Responses from area participants of Youth Mental Health First Aid trainings include:

*“This made mental health made easy to understand and how we can help people in need, loved it!”*

*“It was an incredible course, very informative and eye-opening. It made me realize my own misconceptions and I now not only have a better understanding, but feel empowered to offer assistance if necessary.”*

*“This course should be required for anyone working with the public in any capacity.”*

*“I didn’t want to take 8 hours of my time to attend a lecture. I’m SO glad I registered!! Great material & great facilitators!!”*



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Do you know ALGEE?

## Individuals trained in Mental Health First Aid can help to:

- Break down the bias against people living with mental illnesses, addictions and suicidal thinking.
- Reach out to those who suffer in silence, reluctant to seek help.
- Let individuals struggling with mental illnesses and addictions know that support is available in their community.
- Provide community resources.
- Make behavioral health care and treatment accessible to thousands in need

