

OSF Saint Anthony's to Offer Mental Health First Aid Training class

by Randy Schorfheide
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ALTON – May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions.

While mental health is important to address year-round, Mental Health Awareness Month is providing an opportunity for the Psychological Services Department at OSF Saint Anthony's Health Center to sponsor a Mental Health First Aid Training class to teach individuals how to identify, understand and respond to signs of mental health and substance use challenges among adults.

The Mental Health First Aid Training class is scheduled for Monday, May 20, 8 a.m. – 4:30 p.m. in the hospital's Perpetual Help Center (#1 Saint Anthony's Drive, Alton; 1st Floor). The Mental Health First Aid Training class is free and lunch will be provided, but registration is required as space is limited.

CEU/CME's are available for licensed clinical social workers (LCSW), licensed clinical professional counselors (LCPC), nurses, pharmacists, and physicians.

Registration can be completed online by visiting: <https://5202024.eventbrite.com>.

The Mental Health First Aid Training class will teach participants how to apply the mental health first aid (MHFA) action plan:

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

Who would benefit from this training?

- Employers
- Police officers
- Health care workers
- First responders
- Clergy
- School personnel
- Friends, family, and community members

More information on this class can be obtained by contacting Staci Knox, manager, psychological services, OSF Saint Anthony's, via email at Staci.M.Knox@osfhealthcare.org or by calling (618) 463-5730.

About OSF HealthCare Saint Anthony's Health Center: A 49-bed Rural Health designated acute care hospital in Alton, Illinois, [OSF Saint Anthony's](#) serves the residents of Madison, Jersey and Macoupin counties. It is home to OSF Moeller Cancer Center, which provides the latest diagnostic tools and treatment for patients in a relaxing environment. OSF Saint Anthony's also provides 24-hour access to a physician-staffed emergency department, in addition to cardiovascular, neurology, pulmonology, surgical, rehabilitation services and more. OSF Saint Anthony's is fully accredited by the Joint

Commission for Healthcare Facilities, American College of Surgeons' Commission on Cancer, American College of Radiology, American Heart Association, IDPH and TJC Primary Stroke Center. OSF Saint Anthony's is part of OSF HealthCare – an integrated health system with 15 hospitals in Illinois and Michigan and robust Innovation and Digital Health divisions that provide access to specialty care and remote monitoring, helping people receive the care they need close to home. [OSF HealthCare](#) is operated by The Sisters of the Third Order of Saint Francis.

OSF HealthCare is an integrated health system founded by The Sisters of the Third Order of St. Francis. Headquartered in Peoria, Illinois, OSF HealthCare has 16 hospitals – 10 acute care, five critical access, 1 transitional care - with 2,131 licensed beds throughout Illinois and Michigan. OSF employs nearly 24,000 Mission Partners across 150+ locations; has two colleges of nursing; operates OSF Home Care Services, an extensive network of home health and hospice services; owns Pointcore, Inc., comprised of health care-related businesses; OSF HealthCare Foundation, the philanthropic arm for the organization; and OSF Ventures, which provides investment capital for promising health care innovation startups. In 2020, OSF OnCall was established, a digital health operating unit, including a hospital-at-home. OSF OnCall delivers care and services when, where and how patients prefer to receive them. OSF HealthCare has been recognized by *Fortune* as one of the most innovative companies in the country. More at osfhealthcare.org/.