



# Bristow, Crowe Sponsor Mental Health First Aid Training

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**ALTON, Ill.** – In an effort to increase awareness of mental health care and teach proper support, state Rep. Monica Bristow, D-Alton, and state Sen. Rachelle Crowe, D-Glen Carbon, sponsored a full-day training in Mental Health First Aid for local nonprofit organizations and law enforcement.

“Similar to first aid, Mental Health First Aid teaches people how to properly help and provide resources to someone suffering from mental or behavioral health issues, like depression or addiction,” said Bristow. “This helps provide people with the facts and tools they need to assist others, to help end the current stigma against mental health and end misconceptions.”

Mental Health First Aid is a curriculum used worldwide to teach people how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training provides participants with the skills to reach out and provide the initial help and support some in crisis or developing a mental health problem. In January, Crowe and Bristow invited members of law enforcement and also staff and volunteers of local nonprofit organizations such as Oasis Women’s Center, Riverbend Head Start, and the Alton Warming Centers.

“The issue of mental health affects all of our communities and many of our loved ones,” said Bristow. “I was proud to sponsor the training to better inform people about ways to help others in times of need, and I want to thank Senior Services Plus for hosting the training and Katie Robberson from Lens Change for providing the training.”