



Mental Health & Addictions
Specialty Hospital and Outpatient Practice

News Release

Manatee Glens

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MANATEE GLENS TO OFFER MENTAL HEALTH FIRST AID CLASSES

(Bradenton, FL)... Manatee Glens is offering Mental Health First Aid courses to teach how to better help someone with a mental illness or substance abuse concern. Mental Health First Aid for Adults is Thursday, July 31, and Mental Health First Aid for Youth is Thursday, August 21, from 8:30 a.m. to 5 p.m. The July 31 class will be held at Manatee Glens West at 379 6th Avenue West, Bradenton, FL, 34205 and the August 21 session is at Manatee Glens Hospital and Addiction Center, 2020 26th Avenue East, Bradenton, FL 34208.

“Too often we see tragic news and we have to ask what would happen if someone had help. These courses empower laypeople to offer assistance that may save lives and improve the overall health of our community,” stated Manatee Glens President/CEO Mary Ruiz.

The course is ideal for anyone who regularly interacts with many people. Human resource directors, primary care workers, leaders of faith communities, educators, concerned citizens and first responders have benefitted from the courses. It is also helpful for friends and family of people with mental illness or addiction. “You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack,” said Melanie Teves Bell, Ed.S., LMFT, vice president of outpatient services at Manatee Glens. “This course gives you solid skills to help identify, understand and respond to the signs of mental illness.”

The cost is \$35 and includes printed materials and certification. To register or for information, contact Kathurah.nichols@manateeglens.org.

Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Missouri Department of Mental Health and the Maryland Department of Health and Mental Hygiene.

Note to reporters & editors: You are invited to observe a Mental Health First Aid Class to better understand the needs and concerns of those with mental illness. To do so, contact:

Sondra.guffey@manateeglens.org or call 941-782-4320

Manatee Glens is the specialty hospital and outpatient practice in Bradenton treating mental health and addictions in youth, adults and seniors. We are Your Community Behavioral Health Hospital.

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