

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

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

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

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.

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.

For information about hosting a training, or to participate in a Mental Health First Aid training in the Four County Area please contact:

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FATHERS ARE PARTICULARLY VULNERABLE TO MENTAL HEALTH CHALLENGES COMPARED TO ALL MEN. DEPRESSION, ANXIETY, ANGER CONTROL CHALLENGES AND SUBSTANCE USE CHALLENGES ARE SOME COMMON MENTAL HEALTH CHALLENGES FATHERS FACE.


The following factors can increase risk of PPD in new fathers:

- A history of Major Depressive Disorder
- Partner has Maternal Postpartum Depression.
- Previous pregnancy loss
- Relationship dissatisfaction
- Job dissatisfaction/loss

10 PERCENT of new fathers experience symptoms of depression that interfere with their life at home and at work. This is sometimes referred to as Paternal Postpartum Depression (PPD).

Some studies say that up to 50 PERCENT of new fathers experience PPD if their partner is experiencing depression, too.

When fathers do not receive treatment or support for their mental health challenges, the whole family can be affected...

BE THE DIFFERENCE 

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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

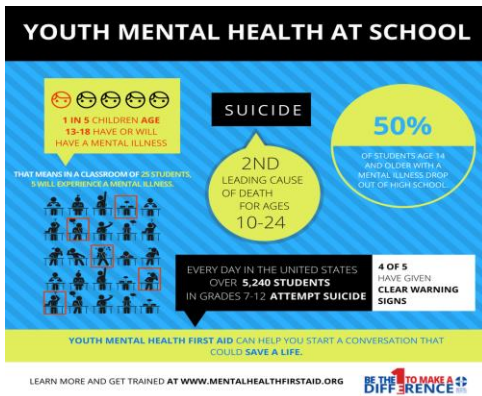
Email: mvgc@defnet.com



**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.”

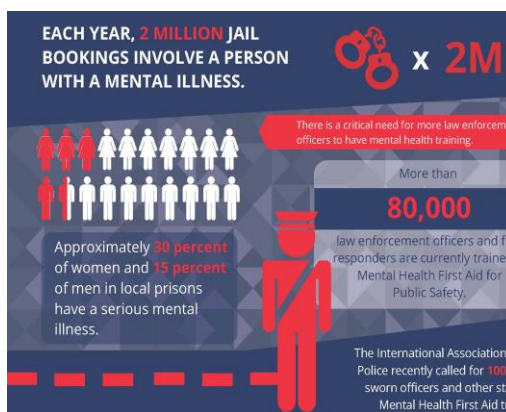
“I didn’t want to take 8 hours of my time to attend a lecture. I’m SO glad I registered!! Great material & great facilitators!!”



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



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#BeTheDifference