

City Manager's Office Status and Information January 28, 2022



Manager's Office

SVSU Worked with City Staff to Facilitate Mental Health First Aid Certification



One in five U.S. adults will experience a diagnosable mental health condition in any given year. This week, 25 City of Bay City staff members made up a group of individuals that took their understanding of those facing mental health challenges to the next level. Saginaw Valley State University worked with staff to facilitate the Mental Health First Aid certification offered by the National Council for Mental Wellbeing. The certification required two hours of online pre-course work, seven hours of virtual class time, and the successful completion of a post-course exam.

With a focus on adult mental health, the course covered topics of Mental Health and Mental Disorders, the Role of a Mental Health First Aider, Common Mental Disorders, Recognizing Signs and Symptoms, and How to go about having a supportive conversation. Taking on a “HOPE with FACTS” approach, this course taught valuable lessons to those wanting to expand their knowledge on approaching and supporting someone who may be experiencing a mental health challenge or crisis.

These past few years have been difficult on all. If you suspect yourself or someone you know is experiencing a mental health challenge or substance use disorder, it's never too early to seek help.

Resources:

National Suicide Prevention Lifeline: A Crisis hotline that can help with many issues, not just suicide. For example, anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one; or anyone interested in mental health treatment referrals.

Available 24/7/365 - **1-800-273-TALK (1-800-273-8255)**

Crisis Text Line: This organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

Available 24/7/365 - **Text “MHFA” to 741741**

Other Resources: Please visit: <https://www.mhanational.org/get-involved/b4stage4-where-get-help-0>

Public Safety

On Monday, January 24th, Leslie Fonzi-Lynch was awarded a Certificate of Appreciation for her donations to support the Department's Canine Unit.

The Bay City Department of Public Safety's Canine Unit began in 2020 and is a part of its Patrol Operations Division.

