

Mental Health First Aid

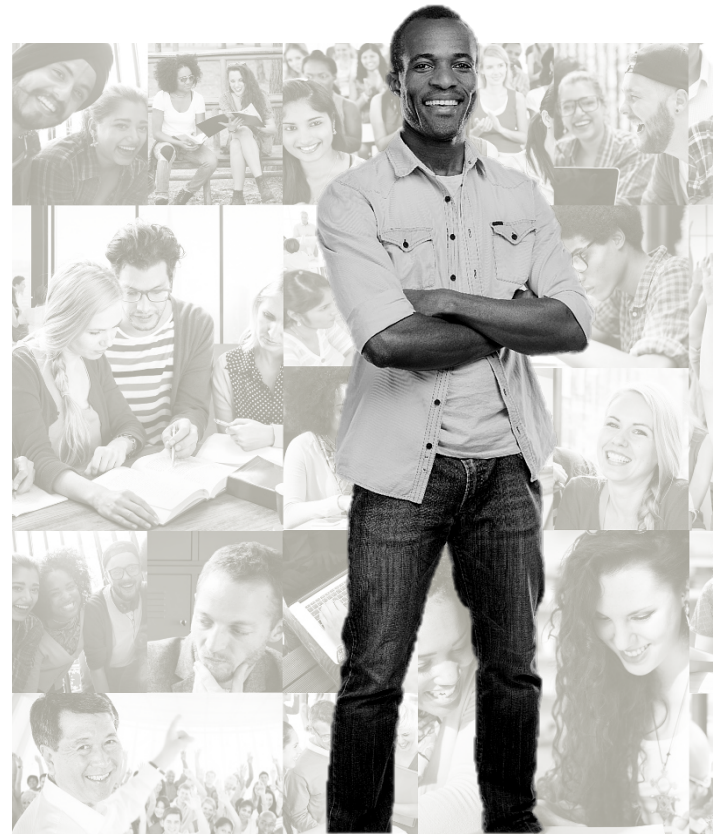
Join the movement.

Sometimes first aid isn't a bandage or CPR or calling 911. Sometimes, first aid is **YOU**.

Contact Brooke to schedule a free course:

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A person you know could be experiencing a mental health or substance use problem. Learn an action plan to help. You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.



Scheduling courses now
through January 2018

Take a course. Save a life. Strengthen your community.



A \$170 value, this course is provided at no cost through the generous support of Providence St. Joseph Health