

FREE ADULT MENTAL HEALTH FIRST AID TRAINING

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

Why attend a MHFA Training?

One in four Americans lives with a mental health problem each year. Yet, far too many - up to two-thirds - go without treatment. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.



Wednesday, April 7, 2021

Friday, June 11, 2021

Wednesday, July 28, 2021



All Classes 8:00AM-5:00PM (Lunch on own 12-1pm)

For more information contact:
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