

FREE MENTAL HEALTH TRAINING



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



VA



U.S. Department
of Veterans Affairs

ABOUT MENTAL HEALTH FIRST AID

Identify. Understand. Respond. — Let's make Mental Health First Aid as common as CPR. Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

This class is provided free of charge. Books will also be provided.

Participants will receive a certificate of completion at the end of this course.

**All class participants will be sent a brief pre-class survey to the email that they register with. Pre and post test surveys are required for certification.*

WHERE Onslow Community Outreach
1210 Hargett St
Jacksonville, NC 28540

WHEN August 18, 2023
8:00 AM – 4:30 PM



Seating is limited!

*Register now using the QR code or online at
www.abccm-vsc.org/events/mhfa-aug18*

For more information, please call 855-962-8387 or visit the event page