



MENTAL
HEALTH
FIRST AID

FREE! Mental Health

First Aid Training

Presented by Cindy Wides
Palm Beach County
Mental Health First Aid Coalition Director

Sometimes, first aid isn't

A **bandage**, or **CPR**,

Or the **Heimlich**,

Or calling **911**!

Sometimes, first aid is YOU!

- You are more likely to encounter someone—friend, family member, coworker, neighbor, or member of the community—in an emotional or mental crisis than someone having a heart attack.
- Mental Health First Aid teaches a 5-step action plan to offer initial help and connect persons with the appropriate help.



**SPACE LIMITED TO
FIRST 30
PARTICIPANTS!**

RSVP NOW!

WHEN: May 23, 2017 at 12:30 pm to 5:00 pm **AND**

May 24, 2017 at 8:30 am to 1:00 pm

(light snacks provided May 23rd, light breakfast & lunch provided May 24th)

MUST ATTEND BOTH SESSIONS FOR CERTIFICATION.

WHERE: Cason United Methodist Church, 342 N. Swinton Ave., Delray Beach

RSVP TO: Juanita Bryant Goode at jgoode@crosmi.org or 561-699-5113



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a conversation can change a life