YOU CAN MAKE A DIFFERENCE!
MENTAL HEALTH FIRST AID
FREE TRAINING
Join RISCC at the Bradley Learning Exchange in East Providence
April 16, 2026 8am-4pm

At any time, someone around you could be struggling.
A friend, a co-worker, a neighbor, or someone on the checkout line could be battling anxiety, depression and/or facing a crisis alone.

What if we noticed?
What if we felt empowered to respond?
What if our presence could be part of someone's turning point?

Mental Health First Aid training is not about being a therapist, it's about being informed.
This training teaches us:

- How to recognize common signs and symptoms of mental health and substance abuse challenges.
- How to listen without judgement.
- How to guide someone toward the appropriate help and give them hope.

As we learn, we help reduce stigma, create conversation, and build community where no one must struggle in silence.

We are pleased to announce RISCC has partnered with Bradley Hospital and their amazing training staff to offer us Mental Health First Aid.
I have taken this training twice and it was incredibly informative both times.

This training is FREE, if you sign up though RISCC.
Contact me at tgriffing@councilofchurchesri.org to save your seat.
Sign up is required by April 7, 2026
Please bring your lunch and a pen, all other materials will be provided.
A certificate of completion is offered at the end of the training, valid for 3 years.

Together, we can strengthen our community with one conversation,
one moment of courage, or one act of compassion at a time.

Rev. Tracey Griffing
Community Minister, RISCC