

PRESENTS

**FREE
Mental Health
First Aid
Trainings**

Including: Older Adult Module

www.mentalhealthfirstaid.org



The course is offered monthly at FCA main office:

**377 Oak Street, 5th Floor,
Garden City, NY 11530**
OR scheduled at your location.

Class is offered:
6 hours (1/2 hour break) OR
Split sessions of 2 hours & 45 minutes

If you wish to attend or schedule a training, contact: **Jeanne Cacciatore**

jcacciatore@fcali.org
Call/text: (516) 619-6786
Office: (516) 485-3425 x 2332

Why Mental Health First Aid?

Learn how to recognize signs and assist adults who may be experiencing a mental health or substance use challenge by getting certified in an evidence-based training program.

1 IN 4*

Older adults have a mental health condition.

More than
1 MILLION*

adults age 65 and up had a substance use challenge.

Males aged 75 and over have a

HIGHER RATE OF DEATH BY SUICIDE*

**Statistics from WHO/CDC/Suicide Prevention*

Upcoming Dates

(choose one)

- 1/9/25
- 1/30/25
- 2/5/25
- 3/12/25
- 3/21/25
- 3/26/25

**10am-4pm | 377 Oak Street,
FIFTH FLOOR, Garden City**

Opportunity to receive a \$30 gift card!