



MENTAL  
HEALTH  
FIRST AID

# Why take Mental Health First Aid?

- Recognize if a friend, family member, or colleague is struggling
- Learn how to talk to someone who is in need
- Make a positive change by helping someone onto the right road
- Respond with the same empathy and respect to mental illness as you would with cancer

***Everyone deserves to  
be able to live, laugh, and love.***

**SIGN UP FOR A CLASS TODAY!**

For more information on this 8 hour class or to register visit  
[www.namidupage.org](http://www.namidupage.org) or contact Sara Hynes at (630) 752-0066.

In Collaboration

