



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



Mental Health First Aid Classes

- Identify, understand, and respond to signs of Mental Health/Substance use disorders
- Become confident in assisting someone in crisis or needing help
- Build a better understanding of Mental Health/Substance use disorders impact

Join Us For A Free Class

Community Wellness Center, 4731 Willow Springs Road, LaGrange

Youth

(For adults who engage with youth)

January 22 (8am-2:30pm)
February 18 (8am-2:30pm)
March 11 (8:30am-3:00pm)
March 26 (9am-3:30pm)

Adult

8am-4:30pm
January 14
January 29
February 26
March 25



Scan to Register or go to <https://namidupage.org/services-and-support/education-community-training/educational-classes/mental-health-first-aid/>

Contact Trina at bockus@nammetsub.org with questions



Community
Memorial
Foundation

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National Alliance on Mental Illness
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