



## 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@namimetsub.org](mailto:bockus@namimetsub.org) with questions



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