



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)

9am-4pm

April 8	May 14
April 30	May 21
May 7	June 17

Adult

9am-4pm

June 11

*Please scan the QR
code or click on the
link below to find
additional dates as we
add them



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 with questions



Community
Memorial
Foundation

