



## 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 ME

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](mailto:bockus@nammetsub.org) with questions



Community  
Memorial  
Foundation

  
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DuPage

  
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