

YOU WANT TO HELP. LEARN HOW.

One in four Americans has suffered from a mental health problem. That's a staggering statistic.

To put it in perspective, that's more people than affected by heart disease, lung disease and cancer combined. But there is hope. And it is you. Through our certification course, you'll become a mental health first aider. We'll teach you how to respond to someone with a mental health challenge. Challenges that include depression, suicide, substance abuse, eating disorders and panic attacks – to name a few. You'll learn the signs, evidence-based actions and how to connect those in crisis to support systems that can help them recover. It's like CPR. But for mental health.



**KNOW
THE SIGNS**

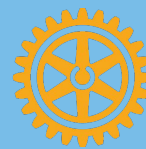


**LEARN THE
ACTIONS**



**BE A
LIFELINE**

Sponsored by:
Rotary
of Sterling, CO



**CREATE HOPE
in the WORLD**

Register for our next course.

Training Provided by: Centennial Mental Health Center

When: February 6th and 13th, 2024

1:00 - 5:00 pm,

Where: Northeast Regional Engagement Center,
304 Main Street, Sterling, CO

FREE to all who attend

***Participants must attend both sessions to
receive certification.***

To register or for questions, contact Maranda Miller
at Events@CentennialMHC.org

Please RSVP by February 2, 2024



**MENTAL HEALTH
FIRST AID
COLORADO**
www.MHFACO.org