



Adult Mental Health First Aid Training

**Capacity Builder
8-hour certification course**

Just as CPR helps you assist an individual having a heart attack, **Mental Health First Aid** helps you assist someone experiencing a mental health or substance use-related crisis. In this nationally-recognized, comprehensive training course, learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Completing this course will help professionals and people working with the public to feel more confident assisting individuals living with mental illness.

Literacy Works hosts this FREE session for adult educators and friends.

Friday, April 26, 2019

8:30 AM to 5:00 PM

Literacenter

641 W. Lake St., Chicago

This training is sponsored by:



In partnership with:



Literacy Works

REGISTRATION: Registration required. Space is limited. To register, e-mail training@litworks.org with your information: Name / E-mail / Phone / Agency / Job role / Title and date of training. Free to members and non-members of Literacy Works. Complimentary breakfast and lunch will be provided.