

Dutchess County Department of Mental Health
in collaboration with WMC Health
presents:

Mental Health First Aid Training

Thursday, October 10, 2024

9:00am – 5:00pm

230 North Road, Poughkeepsie- Door 1

Check in begins at 08:45am

This training will help you:

- Recognize common signs and symptoms of MH & substance use challenges
- Understand how to interact with a person in crisis
- Know how to connect a person with help
- Expand your content on trauma, substance use and self-care

Registration required at: <https://DutchessNY.gov/MHFirstAid>

Space is limited. Sign up today!

For more information, email palbrecht@dutchessny.gov or



**HealthAlliance
Hospital**

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