



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

2.6 MILLION

*First Aiders who
have chosen to be
the difference in
their community.*

REGISTER TODAY!

SATURDAY, March 18, 2023

9:00 am - 5:00 pm

Lunch Provided!

ZION United Methodist Church

5708 Highway 187 North

Anderson, SC

864-287-9098

TO REGISTER: Call the church office at (864)287-9098.

QUESTIONS regarding Mental Health First Aid trainings: Contact
Renee' Hall @ United Way of Anderson 864-226-3438, ext. 108.

Learn how to respond with the Mental Health First
Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.



United Way of Anderson County

For more information, visit MHFA.org

FREE ADMISSION

Senior Gathering

at

SHAVER COMPLEX

698 W SOUTH 4TH ST. SENECA, SC 29678

FROM 12 noon TO 2 pm

1/19/2023	4/20/2023	7/20/2023	10/19/2023
2/16/2023	5/18/2023	8/24/2023	11/09/2023
3/16/2023	6/22/2023	9/21/2023	No meeting for Dec.



GUEST SPEAKER | FOOD | GAMES