



OPENING
DOORS

Belonging begins here.

Take a course.
SAVE A LIFE

ADULT MENTAL HEALTH FIRST AID

A person you know could be experiencing early signs and symptoms of mental illness, substance use, or suicide. Would you know what to do if your loved one was experiencing these mental health challenges? With this training, you will be able to recognize the early signs of the challenges and provide support effectively.

Learn how to create a mental health first-aid action plan that works!

COURSE DETAILS:

- 2 hours of online self-paced course work
- 6 hours of interactive virtual class via Zoom
- Free Training (Valued at \$200)
- Sign up by scanning the QR Code by September 20, 2025

TRAINING DATE AND TIME:
FRIDAY SEPTEMBER 26
09:00 AM - 04:00 PM



M. MASOUD SAQIB
Co-Facilitator



LINDSEY GEIBEL
Facilitator

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