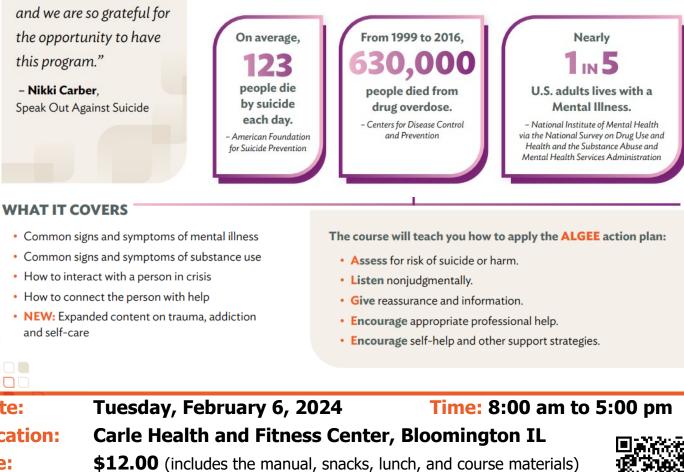


MENTAL HEALTH FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.



To register: Please use this link to register or call 309-888-5539:



https://www.surveymonkey.com/r/2024mhfa



This program is a top-

notch service to area

communities like ours

and self-care

Location:

Date:

Fee:



