



Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING



Mental Health First Aid Classes

- Identify, understand, and respond to signs of Mental Health/Substance use disorders
- Become confident in assisting someone in crisis or needing help
- Build a better understanding of Mental Health/Substance use disorders impact

Join Us For A Free Class

Community Wellness Center, 4731 Willow Springs Road, LaGrange

Youth

(For adults who engage with youth)

October 22 (9:00-4:00)

November 4 (9-4:00)

December 2 (9:00-4:00)

Adult

October 8 (9:00-5:00)

December 10 (9:00-5:00)



Scan to Register or go to <https://namidupage.org/services-and-support/education-community-training/educational-classes/mental-health-first-aid/>

Contact Trina at bockus@namimetsub.org with questions



Community
Memorial
Foundation

