

# A Conversation Can Change a Life!

## Sometimes, first aid is YOU! Mental Health First Aid Training

Someone you know could be experiencing a mental illness or crisis. You can help them.

Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of Faith communities, human resources professionals, and caring citizens.

Date:

Time:

Location:

You Must Pre-Register by:

Register at:

Facilitated by:

For more information on MHFA, visit the coalition website,  
hosted by Alpert JFS at [www.AlpertJFS.org/MHFA](http://www.AlpertJFS.org/MHFA)



MENTAL  
HEALTH  
FIRST AID®



Sponsored by;

Funded by;

