



MENTAL  
HEALTH  
FIRST AID

**FREE Training**

# MENTAL HEALTH FIRST AID

**IDENTIFY. UNDERSTAND. RESPOND.**

*Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.*

*Who should be trained? Employers, Police Officers, First Responders, Clergy, Hospital Staff, Teachers, School Staff, Coaches, Parents - Foster Parents - Caregivers, Caring Individuals... This training is for anyone and everyone 18+!*

**May 18, 2022**

**9:00 AM- 3:00 PM**

***Lunch will be provided  
for all registered  
attendees***

**Franklin County Public Library  
919 Main St.**

**Brookville, IN 47012**



***Click HERE to register on Eventbrite or scan the QR code***

*Deadline to register is **May 13th** to allow time for completion of pre-work.  
More details on registration page.*

Questions? Email Robin at [rkichler@onecommunityonefamily.org](mailto:rkichler@onecommunityonefamily.org)



*Made possible by Franklin County Stayin' Alive, Franklin County Community Foundation & Indiana Department of Health*