



Mental Health
FIRST AID

MENTAL HEALTH FIRST AID



No-Cost
Training

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+!

TWO OPTIONS FOR YOU TO CHOOSE FROM

YOUTH MHFA

(For Adults supporting Youth)

Wednesday, June 26th

9:00 AM- 4:00 PM

Shelby Central Schools Office
1121 E. State Road 44 Shelbyville, IN



**Register using the QR code or
CLICK HERE for LINK**

ADULT MHFA

(For Adults supporting Adults)

Thursday, August 15th

8:30 AM- 4:30 PM

Shelby Central Schools Office
1121 E. State Road 44 Shelbyville, IN



**Register using the QR code or
CLICK HERE for LINK**



Questions? Email Jodi at jalexander@onecommunityonefamily.org