

Take a course. Save a life.  
Strengthen your community



# Mental Health First Aid

## Join the movement.

Sometimes first aid isn't a bandage, or CPR or calling 911.  
Sometimes first aid is **YOU**.

A person you know could be experiencing a mental health or substance use problem. [Learn an action plan to help.](#)

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.

**Date:** January 29, 2018  
**Location:** LeChee Chapter House  
**Time:** 8:00 AM to 5:00 PM (MST)

To register or inquire call MSPI at: (928)283-2816

Course fee: FREE to the PUBLIC

For more information, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)