



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?

This is a special training series for the staff of LifeTime only.

UPCOMING ADULT MHFA TRAININGS IN DILLSBORO

Lunch provided by LifeTime at each session!

Adult MHFA

(For Adults supporting Adults)

Monday, March 10th

9:00am to 3:30pm

LifeTime Resources

13091 Benedict Dr, Dillsboro, IN 47018



Register using the QR code or
CLICK HERE for LINK

Adult MHFA

(For Adults supporting Adults)

Tuesday, March 11th

9:00am to 3:30pm

LifeTime Resources

13091 Benedict Dr, Dillsboro, IN 47018



Register using the QR code or
CLICK HERE for LINK



Questions? Email Jacque at jmosley@onecommunityonefamily.org

Made possible by SAMHSA, Indiana Department of Health and LifeTime