



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+!

# UPCOMING ADULT MHFA TRAINING IN DECATUR

## ADULT MHFA

(For Adults Supporting Adults)

**Tuesday, April 29th**

9:00am - 4:00pm

Decatur County Department of Health  
315 S Ireland St, Greensburg, IN 47240



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

Lunch  
Provided by  
Decatur County  
United Fund!



This course requires two hours of online pre-work.  
Details will be sent out after you register for this course.

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