

Mental Health First Aid

Starts Friday, March 16th from 9-12
& Continues for 4 Weeks

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



Sometimes, first aid is
YOU!

**Someone you know could be experiencing a
mental health illness or crisis. YOU can help them.**

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, or self help care.

**Sometimes, the best first aid is YOU. Take the course,
save a life, strengthen your community.**

To register, contact Jessica at (805) 540-6576
or email jarnott@t-mha.org

Transitions-Mental Health Association

