

ADULT MENTAL HEALTH FIRST AID

Mental Health First Aid is an entry-level training that teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.



YOU WILL LEARN:

- Common signs and symptoms of mental health challenges.
- 5-Step action plan to help a person in crisis and non-crisis situations.
- How to connect a person to appropriate services and supports.

**SEPTEMBER 19,
2024**

**8:00 AM- 5:00 PM
ARMORY BUILDING
104 SW 4TH AVE
ALBANY, OR**

WHO SHOULD ATTEND:

**Community members • Employers
Educators • Hospital staff • First
responders • Faith leaders • Support
services professionals • Individuals
interested in supporting others**

Sponsored by Linn County Health Services

Registration is required. Certification will be provided.

**For more information or to register, email
prevention@linncountyhealth.org**