



MENTAL HEALTH FIRST AID

NATIONAL COUNCIL
FOR MENTAL WELLBEING

**JULY 31
10AM TO 5PM**

COMPLETED IN 2 PARTS:
2 HOUR ONLINE PRE-COURSE AT YOUR
OWN PACE
IN-PERSON INSTRUCTOR-LED TRAINING 7/31

NORTHEAST MICHIGAN COMMUNITY MENTAL HEALTH

400 JOHNSON ST, ALPENA

**NO CHARGE FOR THOSE IN-AREA
(A \$170 VALUE)**

THOSE OUTSIDE OF ALPENA/ALCONA/
MONTMORENCY/PRESQUE ISLE
CHARGED \$50 UPON
REGISTRATION

**MENTAL HEALTH FIRST AID
(MHFA) TEACHES YOU HOW
TO IDENTIFY, UNDERSTAND
AND RESPOND TO SIGNS
OF MENTAL HEALTH AND
SUBSTANCE USE
CHALLENGES AMONG
ADULTS.**

**ALL CARING
INDIVIDUALS CAN USE
THE SKILLS LEARNED IN
THIS COURSE TO HELP
SOMEONE.**

REGISTER WITH GENNY

989-358-7842

GGRIMSHAW@NEMCMH.ORG

FUNDING PROVIDED BY:



**NORTHEAST MICHIGAN
COMMUNITY MENTAL
HEALTH AUTHORITY**



HELPS OUR COMMUNITY RAISE CHILDREN WHO ARE SAFE, LOVED, AND RESILIENT; AND
HELPS ADULTS INCREASE KNOWLEDGE AND SKILLS TO ADDRESS LIFE'S CHALLENGES.

WWW.PARTNERSINPREVENTIONNEMI.ORG