



# MENTAL HEALTH FIRST AID

**JULY 10**

**9:30AM TO 4:30PM**

COMPLETED IN 2 PARTS:  
2 HOUR ONLINE PRE-COURSE AT YOUR OWN PACE  
IN-PERSON INSTRUCTOR-LED TRAINING 7/10

**CHOSEN RANCH**

4971 BEATON RD, HARRISVILLE

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

AVAILABLE TO THOSE WITHIN ALPENA,  
ALCONA, MONTMORENCY, &  
PRESQUE ISLE COUNTIES

**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!**

**CERTIFICATE AVAILABLE FOR FULLY COMPLETED COURSE**

**REGISTER HERE**



OR CONTACT US:  
PROGRAMS@NEMCPI.ORG  
(989)356-2880

Funding thanks to SAMHSA's Mental Health Awareness and Training Grant Award  
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**SAMHSA**  
Substance Abuse and Mental Health Services Administration



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](http://WWW.PARTNERSINPREVENTIONNEMI.ORG)

NATIONAL COUNCIL  
FOR MENTAL WELLBEING