



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



MENTAL HEALTH FIRST AID COURSE

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to (1) recognize the signs and symptoms that suggest a potential mental health challenge, (2) listen nonjudgmentally, (3) give reassurance to a person who may be experiencing a mental health challenge, and (4) refer a person to appropriate professional support and services.

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers
- Police officers
- Hospital staff
- All Caring individuals

On average,

130

people die by suicide every day.

Source: American Foundation for Suicide Prevention

From 1999 to 2019,

841,000

people died from drug overdoses.

Source: Centers for Disease Control and Prevention

Nearly

1 IN 5

in the U.S. lives with a mental illness.

Source: National Institute of Mental Health

REGISTER TODAY!

**This course is offered at no cost to you through Watertown Regional Medical Center!*

Delivery Format:

In Person Course (8 hours - divided into 2 sessions)

Date and Time: Two Classes

- June 16th and 17th 8 am-12 pm
- September 22nd and 24th 8am-12pm

Location:

Watertown Regional Medical Center

Register:

Use the QR Code or visit the website.

<https://forms.office.com/r/kTHH3mgufm>



Be part of the movement to support mental health in our community! Join our Mental Health First Aid course to increase awareness and become a compassionate advocate for those facing mental health challenges.