Free Training!

Friday, June 16
8:30 AM - 4:30 PM

111 S Broad St
Lancaster, OH 43130

Space is limited!
Register now:

www.fairfieldadamh.org or use this link: Adult Mental Health First Aid

Mental Health First Aid

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

What the training covers:

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- Additional content on trauma, addiction and self-care

Who Should Take Advantage of this Free Training:

Employers   Community Members   Police Officers   Hospital Staff
First Responders   Caring Individuals   Faith Leaders

Brought to you by:

Fairfield County ADAMH
Mental Health & Recovery Matter

www.fairfieldadamh.org