

**PRESENTS**



## **WHY MENTAL HEALTH FIRST AID?**

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- Mental health issues are common.
  - Like CPR, it's good to know what to do when someone is in crisis.
  - You can raise awareness and reduce stigma.
- Open to any adult eager to learn.



**DAY LONG SESSION**

**ADVANCED SIGN-UP AND PRE-WORK REQUIRED**

**COST WILL BE ASSOCIATED WITH THIS PROGRAM**

For more information contact  
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