



**MENTAL
HEALTH
FIRST AID**

Mental Health First Aid USA

An 8-hour certification course to help communities better understand mental illness and respond to psychiatric emergencies.



FREE—Open to Community!

- ◆ *Did you know that you are more likely to encounter a person in an emotional or mental health crisis than someone having a heart attack?*
- ◆ *Did you also know that mental disorders are more common than heart disease & cancer combined?*
- ◆ *Mental Health First Aid is a highly interactive, 8-Hour Training equipping the general public to recognize and connect someone developing a mental health issue to appropriate support and care.*

Register online at: www.plumasruralservices.org/1staid

**September
24 & 25**

8:00am-12:30pm

*Must Attend Both Days
To Receive A Certificate*

Light Refreshments Provided

Chester Wellness Center

372 Main St

Chester, CA 90620



For more information contact: Tammy Masters

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