

Mental Health First Aid Training

Sometimes, first aid isn't
a **bandage**, or **CPR**,
or the **Heimlich**, or
calling **911**.

Sometimes, first aid is **YOU!**

Someone you know could be experiencing a mental illness or crisis. You can help them.

Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students, teachers, leaders of faith communities, human resources professionals, and caring citizens.

Take the course, save a life, strengthen your community.

Training Provided by:



Date: Sept. 24th and Oct. 1st

5-9 PM both nights

Location: Stoughton Area EMS

516 S 4th St, Stoughton, WI 53589

Cost is \$20.00

To Register: tpellett.swc@gmail.com

