



WHY YOU SHOULD CONSIDER BEING A MENTAL HEALTH FIRST AIDER

On average

123

people die by suicide each day

1 in 5

people live with a mental health condition



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 you need 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.

Register for Blended Adult Mental Health First Aid
Wednesday, May 8th and Friday, May 10th, 2024
1:30 – 4:30 pm, Tomahawk Public Library

First Aiders will complete a 2-hour, self-paced online class, and then participate in two half day trainings. Participants must attend both days to be certified. **Limited to 30 adults.**
Light snacks and refreshments provided.



Please register by Monday, April 29th by scanning the QR code or at <https://forms.gle/yKZjCbEnwRBfxoY7>

Thank you to UW-Madison Division of Extension, Aspirus Health and Healthy Minds for Lincoln County for sponsoring this training.



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