

Join our upcoming class to become 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

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.

**Sign up for a FREE Adult Mental Health First Aid Training
here: <https://forms.gle/cAsawmoo6No2WtBc6>**

Virtual Adult Mental Health First Aid

First Aiders will complete a 2-hour, self-paced online class, and then participate in a 6-hour, Instructor-led Zoom course.

Join your Extension Educators in Grant, Green and Lafayette counties for our upcoming training on Friday, February 5th from 9:00-3:00.



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