



Mental Health First Aid Training

- 1 in 5 families is affected by a mental health disorder.
- 1 in 4 Americans will be diagnosed with a mental health condition this year.
- Every 16 minutes someone in the US dies by suicide.
- One of the first places people turn to for help is their friends, family, and co-workers.

DO YOU KNOW HOW TO HELP?

The Mental Health First Aid (MHFA) "5 step method" teaches how to give initial help for someone developing a mental illness or experiencing a mental health crisis until appropriate professional help or other assistance can be engaged.

This highly acclaimed 8-hour certificated course teaches signs and symptoms of common mental health problems, when and where to get help, and what type of help is shown effective.

DATE & TIME:

**Wednesday, October 5, 2016
8:15 AM to 5:00 PM**

LOCATION:

**Kitsap Mental Health Services
Keller House Education Center
5441 Almira Drive NE
Bremerton**

COST:

\$35 for the 8-hour course

LUNCH:

Please bring a sack lunch

***For more information and to register,
please visit www.kitsapmentalhealth.org.***

Photographs used on this event flyer are for illustrative purposes only. Persons depicted are models.