

ADULT MENTAL HEALTH FIRST AID TRAINING

Thursday, September 20th, 2018 9am - 5pm

Centerstone of Kentucky Inc.

10101 Linn Station Road Louisville KY 40222

Mental Health First Aid is a training program — like regular First Aid or CPR — designed to give people the skills to help someone who is developing a mental health or substance use problem or experiencing a mental health or substance use crisis. The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs of specific illnesses.

Individuals trained in Mental Health First Aid can help to: break down the stigma associated with mental illness and substance use disorders; reach out to those who suffer in silence, reluctant to seek help; let individuals know that support is available in their community and provide



FREE 8-hour course for Veterans, Military Families and the Community.

Sometimes first aid isn't a bandage or CPR. Sometimes, first aid is YOU!

Take the Course Save a Life!

Lunch is Provided!

Registration required space is limited!

Register now at:

<https://www.eventbrite.com/e/free-adult-mental-health-first-aid-training-tickets-47360085290>

For questions contact Sarah Jemison at

(502) 589-8915 X1284 or Sarah.Jemison@Centerstone.org



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