

Mental Health First Aid

5 Day Adult Instructor Certification Training

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU.**

SAVE THE DATE

March 9, 2020 – March 13, 2020

Seymour Ambulance
Training Center

Cost \$2000.00

Full Payment or Authorized

PO needed by Jan. 31 2020

Seats are limited

A person you know could be experiencing a mental health or substance use problem.

Learn an action plan to help.

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.



Take a course. Save a life.
Strengthen your community.