



MENTAL HEALTH FIRST AID TRAINING

Join the movement.



Take a course. Save a life.

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

Mental Health First Aid Training is a 8-hour course funded by a Randolph County 708 Board Grant that is open to the public. It gives people the tools to identify when someone may be struggling with a mental health or substance misuse problem. It connects them with appropriate support and resources.

MHFA includes training and families, healthcare families, healthcare providers and individuals with mental illnesses. Become a certified Mental Health First Aider alongside more than 550,000 others. Contact Kendra to schedule a training!

Proven Effectiveness

Studies show the program reduces social distance created by negative attitudes and perceptions of individuals with mental illness

- Grow your knowledge of signs, symptoms and risk factors of mental illnesses and addictions
- Identify multiple types of professional and self-help resources for individuals with a mental illness or addiction
- Increase your confidence in and likelihood to help an individual in distress
- Show increased mental wellness themselves

Upcoming Trainings

Sparta Community Hospital
 Auxiliary Room B at
 Broadway Plaza

May 5
July 7
September 29
October 27

Chester Memorial Hospital
 1900 State St,
 Chester, IL 62233

June 23
August 11

8:30am - 3pm
(Lunch Provided)

REGISTRATION REQUIRED
 email kkennedy@comwell.us

OR

Visit ComWell.us
 **click on community calendar



For more Information
MentalHealthFirstAid.org

Presented by ComWell in partnership with Randolph County 708 Board