



# FREE

Professional Training

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

**RSVP to:**

**shelly@familyess.org**  
with MHFA in the subject line.

## MENTAL HEALTH FIRST AID

Join us for Mental Health First Aid training, an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

### 4 Reasons to Become a Mental Health First Aider:

- **Be prepared** - When a mental health crisis happens, know what to do
- **Mental illnesses are common** - 1 in 5 adults in a given year...
- **You can help** - People with mental illnesses often suffer alone
- **You care** - Be there for a friend, family member, or colleague

**August 27, 2018**  
**8:30 AM - 4:30 PM**

**Family Education & Support Services**  
**1202 Black Lake Blvd, Suite B - Olympia**

**W**  
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**Family Education  
& Support Services**  
Supporting Families...Strengthening Communities



**MENTAL  
HEALTH  
FIRST AID®**