Mental Health First Aid
Join the movement.

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

Date:
September 25th
8am to 5pm

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

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.

For more information, visit www.MentalHealthFirstAid.org

Register at:
bit.ly/MHFA-Sept2019

For more information, contact: Heidi Ballentine hballentine@nchcnh.org or call (603) 259-1744