



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

ADULT MENTAL HEALTH FIRST AID

Free Training Event

October 4th , 2024

Register before September 27th using the QR code below!

Kenmore City Hall:

18120 68th Ave NE, Kenmore, WA 98028

9:00am - 4:00pm

LEARN HOW TO SUPPORT THE ADULTS IN YOUR LIFE

Adult Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults ages 18 and up. You'll build skills and confidence you need to reach out and provide initial support to people who are struggling. You'll also learn how to help connect them to appropriate support.

THIS TRAINING IS FOR ADULTS SUPPORTING ADULTS

Your training covers:

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance abuse
- How to interact with a person in crisis or with a mental health or substance use challenge
- How to connect the person with help

Join the more than

2.6 MILLION

First Aiders who have chosen to be the difference in their community.



VALLEY | CITIES

Behavioral Health Care

MHFA training is valued at \$170, and is being offered at no cost to those who reside or work in King County thanks to King County MIDD.



King County

Mental Health First Aid training is funded by the King County Mental Illness and Drug Dependency (MIDD) Plan Initiative PRI-07 – Mental Health First Aid. These sessions are open to the public, though space may be limited. Course and course materials are included (a \$170 value per participant). This project is supported, in whole or in part, by federal award number SLFRP0152, awarded to King County by the US Department of the treasury.