



Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

**WEDNESDAY, DECEMBER 15TH 9:00-5:00**  
**MENTAL HEALTH FIRST AID TRAINING**  
**PLEASE RSVP TO**  
**JADAMS@CENTRAWELLNESS.ORG BY**  
**12/1/2021**

**In-Person Training  
Opportunity**

**1 in 5 Adults have a  
mental illness, 1 in 10  
fulltime employees  
have an addiction**

**Know the Signs**

**Learn the Actions**

**Be a Lifeline**

### Why Mental Health First Aid?



Mental health problems are <b>COMMON</b> .	Learn how to <b>NOTICE</b> when someone needs help
<b>STIGMA</b> is associated with mental health problems.	Promote <b>UNDERSTANDING</b> .
<b>PROFESSIONAL HELP</b> is not always on hand.	Encourage community members to <b>SUPPORT ONE ANOTHER</b> .
Individuals with mental health problems often <b>DO NOT SEEK HELP</b>	Help more people <b>GET THE HELP THEY NEED</b> .
Many people are not well informed and don't know <b>HOW TO RESPOND</b> .	Learn how to <b>INTERVENE</b> . You might <b>SAVE A LIFE</b> .

**MANISTEE FRIENDSHIP  
SOCIETY**

50 Filer St. Suite 310A  
Manistee, MI 49660  
December 15<sup>th</sup> 9:00-5:00