

What is Mental Health First Aid?

MHFA is help offered to a person developing a mental health problem or experiencing a mental health crisis until appropriate treatment and support are received

Why Mental Health First Aid?

Mental health problems are common
Stigma is associated with mental health problems
Professional help is not always on hand

Individuals with mental health problems often do not seek help

Mental Health First Aid classes train anyone 18 years or older to help people experiencing a mental health or substance abuse challenge--learn the skills to help family members, friends, and community members

NOVEMBER 28th

Telluride Community Room

8am to 5 pm

Lunch provided

SPACE IS LIMITED

Contact Tri-County Health Network at 970.708.7096

Or email us at info@tchnetwork.org