



# Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



## WHY Mental Health First Aid?

*Because sometimes, First Aid is more than a Band-Aid.*



***You are more likely to encounter someone in a mental crisis than someone having a heart attack.***

*A person you know could be experiencing a mental health or substance use problem. Get trained in Mental Health First Aid and learn an action plan so you can help.*

*Register in the link below!*



<https://form.jotform.com/MHFACo/laborative/51024-asia-fip>

***May 10, 2024 (Friday)***

*9:30 a.m. - 5 p.m. (One hour lunch break)*

*Cuyahoga County Public Library (Independence Branch)*

*6361 Selig Dr., Independence, OH 44131*

*Free training, parking, lunch, and snacks*

***Class limited to 30 participants***

**Contact: Santosh Tirwa [stirwa@asiaohio.org](mailto:stirwa@asiaohio.org)**

**(216) 804-3088**

Mental Health First Aid Ohio

