

# Free Online Training

# MENTAL HEALTH

# FIRST AID

Know the signs.  
Learn the actions.  
*Be a lifeline.*

## YOUTH MHFA

Jan. 25 & 26	Jun. 6 & 7
Mar. 13 & 14	Aug. 22 & 23
Apr. 4 & 5	Oct. 3 & 4
May 2 & 3	Dec. 5 & 6
May 16 & 17	<b>All are 9AM-1PM</b>

## ADULT MHFA

Feb. 13 & 14	Jul. 9 & 10
Apr. 11 & 12*	Sep. 19 & 20*
May 14 & 15	Nov. 5 & 6
May 23 & 24*	

Mid-Day - 11AM-3PM  
\*Afternoons - 1PM-5PM

- **Get certified in recognizing and diffusing mental health crises in Youth and Adults.**
- **Training provided at no cost.**
- **Capped at 20 Participants.**
- **Please register no later than two weeks in advance to allow time for a pre-course activity.**

REGISTER AND FIND  
MORE INFORMATION AT



[norcocmh.org/mental-health-first-aid](https://norcocmh.org/mental-health-first-aid)



Mental Health **FIRST AID**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING



**NORTH COUNTRY**  
COMMUNITY MENTAL HEALTH

