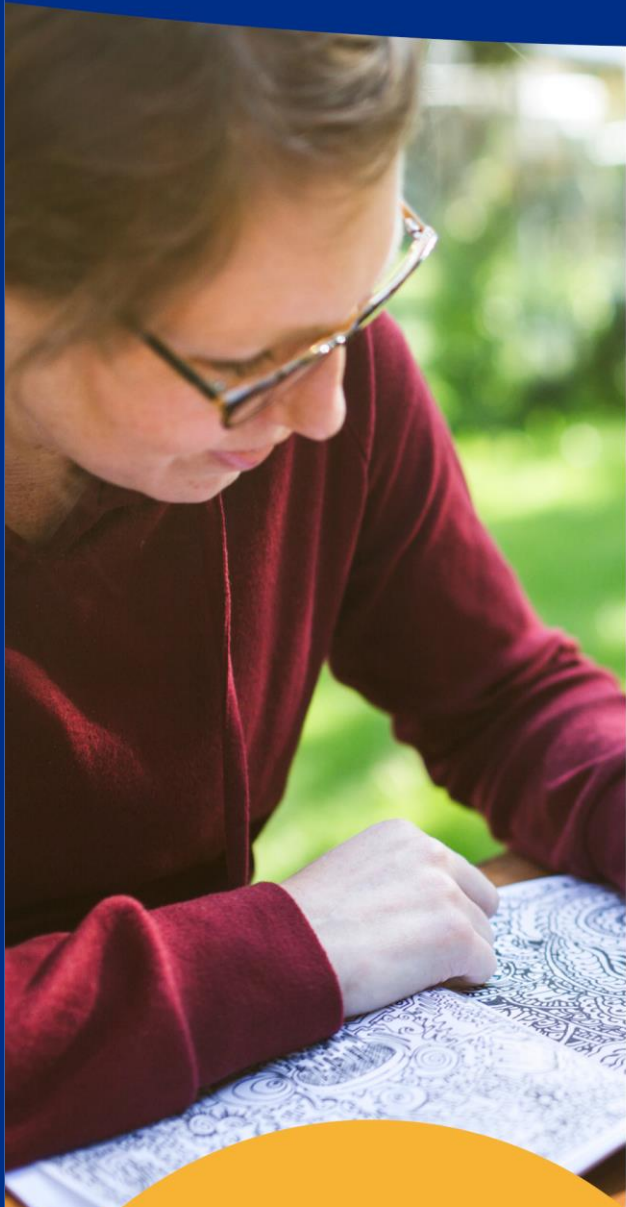


# Upcoming Mental Health First Aid Training



Mental Health First Aid is an 8 hour training that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis.

## Upcoming Classes

Tuesday October 24 - Adult Lincoln City  
Wednesday November 15 - Youth Newport

When: 8am – 5pm

Refreshments and materials are all free of charge.

To Register, or for more information:

Email: [shshealthed@samhealth.org](mailto:shshealthed@samhealth.org)

Call: 1 800 243 7747

[www.samhealth.org/mentalhealthfirstaid](http://www.samhealth.org/mentalhealthfirstaid)



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Health Promotion