

# ADULT MENTAL HEALTH FIRST AID

Mental Health First Aid is an entry-level training that teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.



## YOU WILL LEARN:

- Common signs and symptoms of mental health challenges.
- 5-Step action plan to help a person in crisis and non-crisis situations.
- How to connect a person to appropriate services and supports.

**JULY 22, 2024  
8:00 AM- 5:00 PM  
ARMORY BUILDING  
104 SW 4TH AVE  
ALBANY, OR**

## WHO SHOULD ATTEND:

Community members • Employers  
Educators • Hospital staff • First responders • Faith leaders • Support services professionals • Individuals interested in supporting others

**Sponsored by Linn County Health Services**

Registration is required. Certification will be provided.

For more information or to register, email  
[prevention@linncountyhealth.org](mailto:prevention@linncountyhealth.org)