

..... Join the movement.

Mental Health First Aid

Sometimes first aid
isn't a bandage, or
CPR or calling 911.
Sometimes,
first aid is **YOU**.

A person *you know* could be
experiencing a mental health or
substance use problem.

Monday
12/3/18
8:30-5:00
ICAA, Ladysmith

Space is limited.
To register or for more information:
McKenzie.morgan@indianheadcaa.org
715-532-4222

Learn an action plan to help.

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

Learn how to
help a friend,
family member,
coworker or
neighbor in
need.

Get trained in
Mental Health First Aid.



Training provided by the Rusk County Youth Council with support from Indianhead Community Action Agency.
To learn more, check out Facebook @ RuskCountyYouthCouncil or @IndianheadCAA
www.ruskyouth.org www.indianheadcaa.org