

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.

Tuesday

April 23, 2019

8-4:30

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