



March 3

Friday

8:00am- 4:30pm

ICAA

Ladysmith, WI

(\$170 Value!)

Late arrivals or early departures will *not* qualify for certification.

Limited spaces available.

Cost: \$25

Scholarships Available.

You may know CPR and the Heimlich maneuver.

You can call 911.

But can *you* administer first aid in a mental health crisis?

Mental Health First Aid Training is available!

Mental Health First Aid training .

The goal is to help move the community toward wide-scale knowledge of behavioral health issues and how to address them.

To register, please contact Julie Bever:

Indianhead Community Action Agency

Attn: Julie Bever

PO Box 40

1000 College Ave W

Ladysmith, WI 54848

Julie.bever@indianheadcaa.org

Questions? Call Julie @ 715-532-4222

Mental Health First Aid USA is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.

www.mentalhealthfirstaid.org

Mental Health First Aid is included on SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP).

This training is sponsored by the Rusk County Youth Council, Indianhead Community Action Agency, and the Rusk County Mental Health Community Coalition.