



FIRST AID FOR MENTAL HEALTH

8-HOUR TRAINING

MONDAY, JAN. 14TH AND TUES., JAN 15TH
8:00AM TO 5:00PM (1-HR LUNCH)
SPACE IS LIMITED. 25 INDIVIDUALS PER DAY.

UPPER ROOM OF **ST. CROIX CHRISTIAN CHURCH**
3019A ORANGE GROVE, CHRISTIANSTED

Think of it like CPR, but for mental health issues.

Through our certification course, you will become a mental health first aider. We will teach you how to respond to someone with a mental health challenge. Challenges that include depression, suicide, substance abuse, eating disorder and panic attacks –to name a few. You will learn the signs, evidence-based actions and how to connect those in crisis to support systems that can help them recover.



TO REGISTER CONTACT: KEILA MEDINA @ 340-719-7007