**2 FREE Courses Available:**

**Adult Mental Health First Aid &**

**Youth Mental Health First Aid**

**These 8 hour training courses will give you**

**basic skills to help adolescents or adults experiencing a mental health**

**problem or mental health crisis.**

**Takeaways:**

* **More confidence in providing support to others and advising them to seek professional help**
* **Ability to identify, understand and respond to signs of depression, anxiety/trauma, psychotic disorders, ADHD, substance abuse disorders and self-injury among adolescents or adults**
* **Assess your own views and feelings about mental health issues and disorders**
* **Help stop the stigma attached to mental health disorders**
* **PCB & Act 48 & NASW credits available**



**Training Location:**

**Butler County Training Center**

**227 West Cunningham Street, Butler**

**To register, call 724-431-3747**

**Please join us at any of the**

**following trainings in 2018:**

**Youth Mental Health First Aid**

**Wednesday April 18th 8:00-5:00**

**Adult Mental Health First Aid**

**Thursday March 22nd - 8:00 – 5:00 Wednesday May 23rd - 8:00 – 5:00**

**Wednesday June 27th – 8:00 – 5:00**

**Monday August 21st 8:00 – 5:00**

MENTAL HEALTH FIRST AID

MENTAL HEALTH