



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

MentalHealthFirstAid.org



JOIN THE MOVEMENT

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. 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.

Hosted by Safe & Sound Hillsborough and the Children's Board of Hillsborough County.

FREE Virtual Courses

9 am - 4 pm



July 21

July 28

August 11

August 18

September 22

September 29

Take a course. Save a life. Strengthen your community.

Open to Hillsborough County residents only. Space is limited.

Register via

<https://bit.ly/3xaxXCx>



Safe & Sound
HILLSBOROUGH



Children's Board
HILLSBOROUGH COUNTY
www.ChildrensBoard.org