

FREE ONLINE MENTAL HEALTH FIRST AID

YOUTH MHFA

JUNE 1 & 2 – 9AM – 1PM

AUGUST 3 & 4 – 9AM – 1PM (TEACHERS ONLY)

OCTOBER 5 & 6 – 9AM – 1PM

DECEMBER 7 & 8 – 9AM – 1PM

ADULT MHFA

JULY 12 & 13 – 1PM–5PM

SEPTEMBER 14 & 15 – 1PM–5PM

NOVEMBER 13 & 14 – 1PM–5PM

- Get certified in recognizing and diffusing mental health crises in Youth and Adults.
- Training provided at no cost to the participants. (Capped at 20 Participants).
- Please register no later than two weeks in advance to allow time for a pre-course activity.
- If you work at an organization in Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska, or Otsego counties that is interested in organizing a special Mental Health First Aid Training for your staff, please inquire by emailing us at NCCMHTraining@norcocmh.org



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



REGISTER NOW



NORTH COUNTRY
COMMUNITY MENTAL HEALTH

MORE INFORMATION AT
norcocmh.org/mental-health-first-aid