

Free Mental Health First Aid Certification Course

One in five people has a mental health challenge. Through the Mental Health First Aid certification course, you will learn how to recognize signs of mental health or substance use challenges, how to provide initial help, and how to guide a person toward appropriate care. Topics covered include anxiety, depression, psychosis, addiction and more.

Wednesday
May 27
9:30 a.m. - 4:30 p.m.

Monticello
SE Arkansas Regional Library
114 W. Jefferson Ave.
(Lunch will be provided)

SCAN HERE
TO REGISTER OR VISIT
ARKBLUECROSS.COM/FIRSTAID

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING