

Someone you know could be experiencing
a mental health or addiction crisis.
LEARN WHAT TO DO



FREE

Mental Health First Aid Training

Helping Youth

Friday July 27
8:00 am-5:00 pm
Hypertherm, Inc.
21 Great Hollow Rd.,
Hanover

Helping Adults

Wednesday September 26
8:00 am-5:00 pm
*Sugar River Valley Regional
Technical Center*
243 N. Main St., Newport

Helping Youth

Friday November 2
8:00 am-5:00 pm
*Sugar River Valley Regional
Technical Center*
111 South St., Claremont

Space is limited and pre-registration is required.

To register, contact Hope Duncan at (603)448-0126, x2180 or hduncan@wcbh.org.

Mental Health First Aid is an 8-hour course that teaches you how to help someone experiencing a mental health or addiction problem or crisis. Learn how to respond and how to connect with appropriate professional care.

Anyone 18+ can take the course – family members, educators, first responders, clergy, community leaders.

The course is delivered by certified *Mental Health First Aid USA* instructors. Participants may receive 8 hours of professional development time with certificates available.

- Course book, breakfast snacks and lunch provided.
- Free parking.



**24-Hour
Emergency Services 800-564-2578**

www.wcbh.org

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