

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



**FREE**

# Mental Health First Aid Training

*Helping Adults*

**Thursday March 21**  
**8:00 am – 5:00 pm**

*Sugar River Bank*  
*Community Room*

22 North Main St., Newport

**Friday April 19**  
**8:00 am – 5:00 pm**

*Claremont Savings Bank*  
*Community Room*

145 Broad St., Claremont

**Friday May 17**  
**8:00 am – 5:00 pm**

*Hypertherm, Inc.*

71 Heater Rd., Hanover

*Additional trainings – including classes focusing on helping youth – will be announced soon!*

**Space is limited and pre-registration is required.**

**To register, contact Hope Duncan at (603)448-0126, x2180 or [hduncan@wcbh.org](mailto: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](http://www.wcbh.org)**

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