

Someone you know could be experiencing
a mental health or addiction crisis.

LEARN WHAT TO DO



FREE

Mental Health First Aid Training

Helping Youth

Thursday June 6
8:00 am – 5:00 pm

Sugar River Bank
Community Room

22 North Main St., Newport

Friday September 6
8:00 am – 5:00 pm

Hypertherm, Inc.

71 Heater Rd., Hanover

Helping Adults

Friday November 1
8:00 am – 5:00 pm

Valley Regional Hospital

243 Elm 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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