

MENTAL HEALTH FIRST AID

NORTHERN KY • SOUTHWEST OH • SOUTHEAST IN

1 IN 4 PEOPLE WILL EXPERIENCE MENTAL ILLNESS

Mental health affects us all. Know what to do.
Get trained in Mental Health First Aid

When: **Tues. November 1 & Wed. November 2**
(4:00pm-8:00pm both days)

Where: **Florence UMC**
8585 Old Toll Rd
Florence, KY 41042

Cost: **FREE**, thanks to sponsorship from
Skyward NKY and **Interact For Health**

Training includes lunch, a student manual, and
a Mental Health First Aid certification upon
successful completion of the course.



Register online today! <https://www.mhfatrystate.org/?p=4801>

Registration is only open to individuals who live or work in Northern Kentucky

**INTERACT
FOR HEALTH**

A Catalyst for Health and Wellness

For more information or to register
visit **www.mhfatrystate.org**
call **513.818.5032**


skyward
ELEVATING NORTHERN KENTUCKY

Mental Health First Aid empowers trainees to assist others and break the silence surrounding mental illness and substance abuse. It helps people know that mental illnesses are real, common, and treatable and that **it's OK to ask for help.**