

Mental Health First Aid

Designed to teach the basic first aid skills needed to help a person who is experiencing a mental health problem or crisis, this 8-hour course is aimed at improving mental health literacy.

Understanding and recognizing the signs that someone needs help is the first step in getting that person appropriate care and treatment.

Participants receive a course manual and certificate.

November 13th, 2014
8:30 am – 5:30 pm

Albert Lea
Grace Lutheran Church
918 Garfield Ave, Albert Lea, MN 56007
Visit <https://mhfaalbertlea11-13.eventbrite.com> to register.
Registration is required.
Please bring a bag lunch.

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GENERAL



National Alliance on Mental Illness

MINNESOTA

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