

# Adult Mental Health First Aid for Rural Communities

**PURDUE**  
UNIVERSITY®

Extension  
KNOX COUNTY



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

use coupon code: Knox23  
for \$100 off through May 31  
class size limited to 15

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

After the course you will be able to:

- + Recognize common signs and symptoms of mental health challenges
- + Understand how to interact with a person in crisis
- + Know how to connect a person with help
- + Use self-care tools and techniques

**JOIN THE MOVEMENT:** Plan to stay after on either or both days to discuss how we can better support each other and the community to work toward positive community mental wellness. This afternoon discussion is open to anyone whether or not you attend this class.



June 28 & June 29  
8:30-1:30PM



VU Ag Center  
4259 N. Purdue Rd.  
Vincennes, IN 47591



\$130 per person  
includes manual, workbook  
and lunch for both days



Register or learn  
more at  
[event.me/YwGZeA](http://event.me/YwGZeA)



Some CEUs available.  
See registration page.

Purdue University is an equal opportunity/equal access/affirmative action institution. If you need reasonable accommodations to participate in this program, please contact Tonya at 812-882-3509 or [short43@purdue.edu](mailto:short43@purdue.edu) at least 10 business days prior to the event.

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