

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: Knox24
for \$80 off through March 5
class size limited to 20

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

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.



March 26, 2024
8:30AM-5:30PM



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



\$130 per person
includes manual, workbook
and lunch



Register or learn
more at
cvent.me/R2Mr3v



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 at least 10 business days prior to the event.

This program is valued at \$170 with funding provided through Purdue Extension Knox County Education Fund.