

# Adult Mental Health First Aid for Rural Communities

**PURDUE**  
UNIVERSITY®

Extension  
KNOX COUNTY



**Mental Health  
FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

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.



October 10, 2024  
8:30A-5:30P ET



VU Ag Center  
4207 N. Purdue Rd.  
Vincennes, IN 47591



\$100 per person  
includes manual, workbook  
and lunch



Register or learn  
more at  
[cvent.me/35v0oK](https://cvent.me/35v0oK)



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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