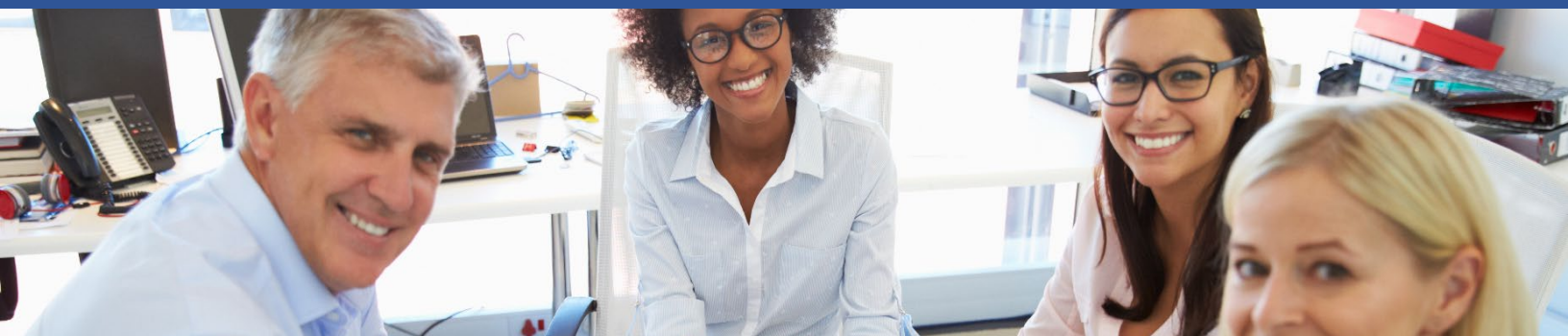


WHY YOU SHOULD CONSIDER BEING A MENTAL HEALTH FIRST AIDER



On average

123

people die by suicide each day

1 in 5

people live with
a mental health condition



MENTAL
HEALTH
FIRST AID

Adult Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Sign up for a **FREE Adult Mental Health First Aid Training**
at <https://qr.go.page.link/vpYHA>



Virtual Adult Mental Health First Aid

First Aiders will complete a 2-hour self-paced online class, then participate in a 6-hour Instructor-led Zoom Meeting.

Friday, April 23rd: 9am - 3:30pm

(30 min lunch scheduled)

Registration Deadline: April 15th

[Click Here to REGISTER](#)



Extension

UNIVERSITY OF WISCONSIN-MADISON
Douglas, Bayfield & Ashland Counties



NAMI
National Alliance on Mental Illness

**Douglas
County WI**

Trainings are offered through the Wisconsin Rural Opioid and Stimulant Engagement (WiROSE), funded by SAMHSA to address opioid and stimulant prevention, intervention, and recovery. WiROSE is a project of the Extension Health and Well-being Institute.