

# Mental Health First Aid

Join the movement.

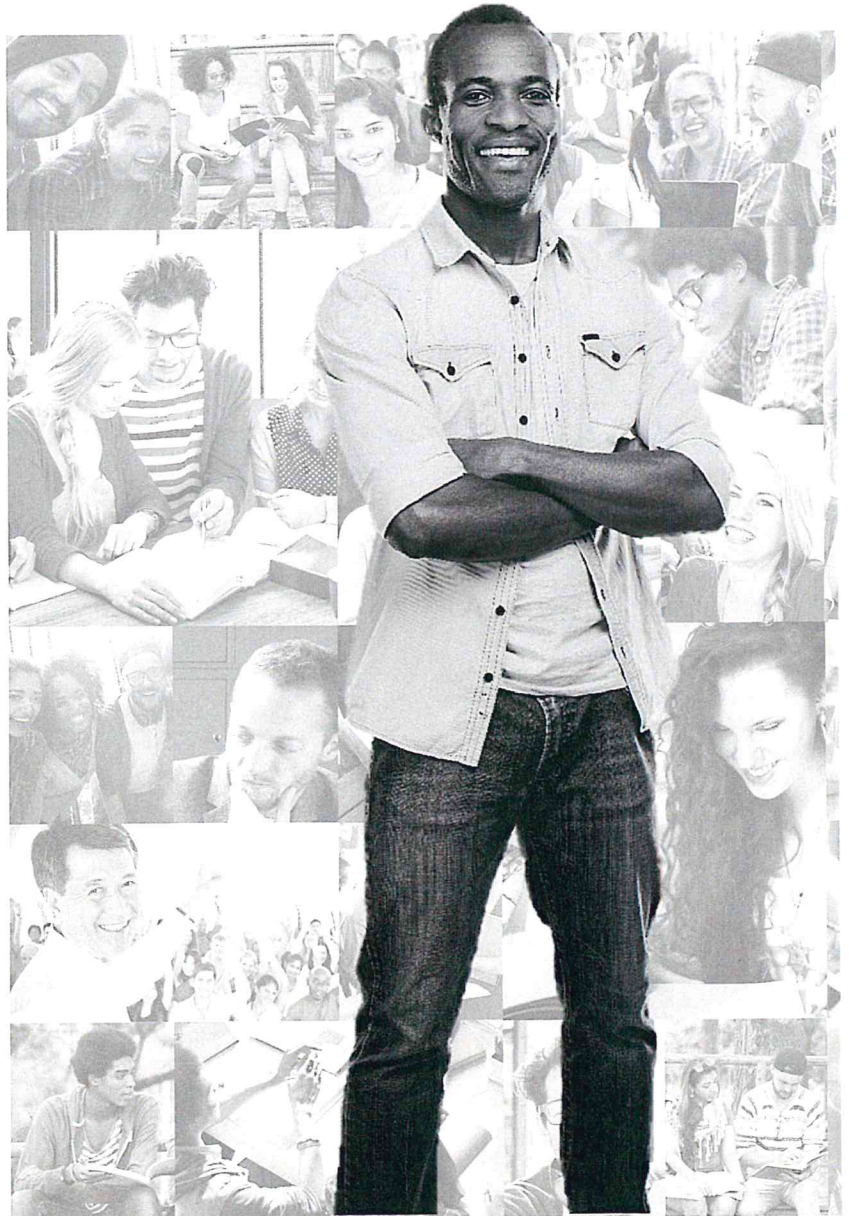
Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**.

When: October 6 8-5  
Where: Seattle Police Dept.  
2300 SW Webster St  
Register: Sue Wyder 253-426-5957  
swyder@valleycities.org  
Training provided by King County  
at no charge.  
Lunch provided

A person you know could be experiencing a mental health or substance use problem.

**Learn an action plan to help.**

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.



Take a course. Save a life.  
**Strengthen your community.**