



MENTAL HEALTH FIRST AID

FREE AND OPEN TO THE COMMUNITY!

The Sidney-Shelby County YMCA have committed to collaborating with the Mental Health First Aid Ohio team to carry out training for community members. This training is valued at \$170 per person and **is being offered at no-cost thanks to a generous grant.**

LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY, AND NEIGHBORS

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

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

AFTER THE COURSE, YOU'LL BE ABLE TO:

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

CLASSES WILL BE HELD AT THE SIDNEY-SHELBY COUNTY YMCA

300 E. Parkwood Street, Sidney

CHOOSE FROM TWO CLASS OPTIONS -

OPTION ONE:

Wednesday, January 11, 2023 from 5pm - 9pm

Thursday, January 12, 2023 from 5pm - 9pm

OPTION TWO:

Thursday, January 12, 2023 from 8am - 5pm

SCAN THIS CODE
TO REGISTER NOW:



REGISTER TODAY! SIMPLY SCAN THE QR CODE WITH YOUR SMART PHONE TO SIGN UP.

SPACE IS LIMITED!

Questions? Contact Jamie Crippin, Operations Director at jcrippin@sidney-ymca.org or call 937-492-9134.