



Thursday April 22, 2021

8:00 a.m. – 4:00 p.m.

“Similar to ‘First Aid’ and CPR, ‘Mental Health First Aid’ teaches individuals how to help those experiencing mental health challenges or crises”

**Mental Health**

**First Aid**

**Virtual- Course**

**Did you know?**

- **SUICIDE IS THE 10<sup>TH</sup> LEADING CAUSE OF DEATH AMONG AMERICANS.....**
- **LOUISIANA IS 12<sup>TH</sup> NATIONALLY FOR DEATHS DUE TO INTENTIONAL HARM**

**Let’s Talk Mental Health! Join Us for a Mental Health First Aid Course!**

This **FREE** course is designed to help the public better understand mental health & help others who are going through a mental health crisis. Participants will be trained in Mental Health First Aid techniques.

- Identify unique risk factors and warning signs of mental health problems.
- Build understanding of the importance of early intervention.
- Learn how to help someone in crisis.

**Target Audience**

Community Health Workers, Community Partners, Non-Clinical Community Health Center Staff are all invited to attend.

For more information please, contact: Courtney Sanford [csanford@lpca.net](mailto:csanford@lpca.net) or AJ Farria at [afarria@amerihealthcaritasla.com](mailto:afarria@amerihealthcaritasla.com) / (504)330-0363.

*\*\*\*\*Full participation is required to receive certificate\*\*\*\**



Tuesday May 11, 2021

8:00 a.m. – 4:00 p.m.

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## Mental Health First Aid Virtual- Course

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Tuesday June 8, 2021

8:00 a.m. – 4:00 p.m.

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## Mental Health First Aid Virtual- Course

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