

Adult Mental Health First Aid

a skills-based training that teaches participants skills to respond to adults who are struggling with a mental health challenge.

FOR HEALTHY COMMUNITY COALITION

June 13, 2024
8:30 am - 4:30 pm

IN-PERSON

111 Franklin Health Common
Farmington, ME 04938

REGISTER TODAY

Sign up for a course at
<https://www.surveymonkey.com/r/HCC61324>

Questions?
Email tori@namimaine.org



IDENTIFY

And learn factors and warning signs for mental health and substance use challenges



UNDERSTAND

And build your understanding of the impact of mental illness on individuals and families.



RESPOND

To signs of mental illnesses and substance use disorders when you become a Mental Health First Aider.

