

Saturday, November 16th  
9:00am—3:30pm

St. Thomas the Apostle  
1500 Brookdale Road  
Naperville, IL 60563



**Mental Health**  
**FIRST AID**

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING

# Mental Health First Aid: CPR for the brain

## What is Mental Health First Aid?

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.

## What you will learn:

- ♦ Common signs and symptoms of mental illness
- ♦ Common signs and symptoms of substance use
- ♦ How to interact with a person in crisis
- ♦ How to connect the person with help

Cost: \$25.00

## To Register:

<https://111624mhfaStThomas.eventbrite.com>

