

Someone you know
could experience a
mental health crisis.
Will you know what
to do?



Community and Family Resources now offers **FREE** Youth and Adult Mental Health First Aid training for Iowans in its service area*. Learn how to **recognize**, **reach out**, and **refer** any adults or youth living with mental health challenges.

NEW 6-hour virtual trainings beginning July 2020!

First-aiders will complete a 2-hour, self-paced class, and then participate in a 4-hour, instructor-led class using videoconferencing technology.

Contact Prevention Specialists Todd Anderson at todda@cfrhelps.org or 515-832-5432 x1414 or Lacy Jorgensen at lacyj@cfrhelps.org or 515-832-5432 x1408 to schedule a training for 5-30 persons.

Visit <https://www.mentalhealthfirstaid.org/> for information on MHFA.

*Boone, Calhoun, Hamilton, Humboldt, Pocahontas, Story, Webster, Wright counties.

