

Team Wellness Center presents

# Adult Mental Health First Aid Training

*Someone you know could be experiencing a mental health crisis. You can help them.*

**Tuesday, August 27, 2019**

**8:30 a.m. - 5:00 p.m.**

**BHPI**

**1333 Brewery Park Blvd**

**#300**

**Detroit, MI 48207**



This training is free, but registration is required. Walk-ins will not be permitted. To register call 734-771-3619 or email [ddechamps@teamhs.onmicrosoft.com](mailto:ddechamps@teamhs.onmicrosoft.com).

Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course — first responders, students 16 or older, teachers, leaders of faith communities, human resources professionals, and caring citizens.



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