

Sometimes, first aid isn't a bandage, or CPR, or calling 911.

Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental health concerns or substance use. This 8-hour training gives you the skills you need to provide initial support to someone who may be developing a mental health or substance use concern and connect them to appropriate care.

You are invited to attend our Mental Health First Aid Training!

Date: Saturday, March 7th, 8 a.m. to 5 p.m. (Lunch Included)

Location: Champaign Community United Church of Christ, 805. S. 6th St.,
Champaign (Fellowship Hall – Lower Level)

Fee: \$30 (Includes Cost of Book and Lunch)

Registration: To register, email Jessica Smiley at jessica@community-ucc.org
or call 217-420-4786.

Registration will be open through Sunday, February 23rd.



**Spots are limited.
Sign up today!**

Reasons to become a Mental Health First Aider:

1

BE PREPARED.

Just like you learn CPR, learn how to help someone in a mental health or substance use crisis.

2

MENTAL ILLNESSES ARE COMMON.

1 in 5 people will experience one in a given year.

3

YOU CARE.

Be there for a friend, family member or colleague. Learn how to start a conversation.

4

YOU CAN HELP.

People with mental illnesses often suffer alone. Learn when and how to step in and offer support.



Community United
Church of Christ