



# Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



**The Health and Wellness Center is offering FREE Mental Health First Aid classes!**

**Learn how to support your family, friends and neighbors who suffer with anxiety, depression and more!**

**Classes will be offered at your local Health and Wellness Center. For more information, please contact Danielle or Megan!**

**Join the more than  
2.6 MILLION  
First Aiders who  
have chosen to be  
the difference in  
their community.**



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**HEALTH**  **Center**  
**& WELLNESS** **Center**