

Team Wellness Center presents

Adult Mental Health First Aid Training

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

Thursday, March 21, 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.
To register email Diane at ddeschamps@t-mhs.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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