

Mental Health First Aid



You may know CPR and the Heimlich Maneuver, but do you know what to do for:

- Suicidal thoughts?
- Panic attacks?
- Psychosis?

Mental Health First Aid is a 12-hour course that prepares members of the public to provide temporary help to a person showing symptoms of a mental illness or in a mental health crisis until appropriate professional help and other supports can be engaged.

Fridays - July 23, July 30 & August 6
12:30 - 4:30 p.m.

Stanback Room, Rowan Public Library
201 W. Fisher Street, Salisbury
\$10/person for materials. Light snacks.

Registration is available online at

www.pbhsolutions.org/MHFA

or contact Ann Spivey at 704-721-2746 or at

ann.spivey@pbhsolutions.org



Instructor for the course is

Helen Garcia Leak, M.Ed.
PBH Community Relations
Manager, Latino Outreach
Specialist and Certified
Mental Health First Aid USA
instructor.

pbH

Creating solutions, One person at a time



MENTAL
HEALTH
FIRST AID