

Sometimes, first aid isn't a bandage, or CPR, or the Heimlich, or calling 911. . . Sometimes, first aid is YOU!



Someone you know could be experiencing a mental illness or crisis. You can help them. Take the course, save a life, strengthen our community.

Mental Health First Aid Training in Kenmare & Mohall

(Will be offered in two locations. You may attend either one.)

Kenmare Area: April 14 & 15, 2016

Mohall Area: April 18 & 19, 2016

6:00 pm at both locations

**Kenmare –Nazareth Lutheran Church 401 N
Central Ave, Kenmare**

**Mohall-Zion Lutheran Church 203 1st Ave NE,
Mohall**

**This training is free, including supper &
materials.**

*Please call Rev. Michon Weingarter at (701)385-4646
to register for Kenmare location.*

*Please call Renville County Sheriff Dept at 756-6386 to
register for Mohall location.*

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. 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, teachers, human resources professionals, and **members of the faith community.**

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