

Learn how to identify, understand and respond to signs of mental health and substance use challenges among adults



bit.ly/MHFAWVCW

Mental Health First Aid

The course will teach you how to apply the MHFA Action Plan (ALGEE):

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.



Space is Limited

**September 18th
9:00 AM - 5:00 PM**

\$35 registration fee includes training workbooks, certification, and snacks

Hearst for Health Integrated Care Center
606 Medical Parkway Enterprise, OR 97828

For more info and to enroll



WALLOWA VALLEY
CENTER for WELLNESS



Mental Health FIRST AID®
from NATIONAL COUNCIL FOR MENTAL WELLBEING®

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