

Mental Health First Aid

a skills-based training that teaches participants skills to respond to adults who are struggling with a mental health challenge.



Thursday, June 22, 2023

8:30 AM - 4:30 PM

Machias Savings Bank

4 Center Street, Machias, ME 04654

[**Register Here**](#)

<https://www.namimaine.org/communityprograms/p/mhfa62223mh4>



IDENTIFY

And learn factors and warning signs for mental health and substance use challenges



UNDERSTAND

And build your understanding of the impact of mental illness on individuals and families.



RESPOND

To signs of mental illnesses and substance use disorders.

Questions?

Email Tori: tori@namimaine.org
(800) 464-5767, 2301



Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING