



What's Up Wellness presents:

Mental Health First Aid

Free Online Training

January 18, 2023

9:30am-4:00pm

This training provides a basic understanding of:

- the unique risk factors and warning signs of mental health in adults
- how to provide initial support and resources to someone in need
- the importance of early intervention
- how to help an adult who is in crisis or experiencing a mental health challenge

The training includes a 2 hour at-home study portion to be completed prior to a 6 hour live Zoom training.

[REGISTER HERE](#)

Questions?

Call 530-268-5854 or email:
wellnesscheckups@gmail.com

COME LEARN
EVIDENCE-BASED TOOLS
TO HELP IMPROVE THE HEALTH OF
OUR COMMUNITY!

Offered free of charge with funding from Mental Health Services Act of Nevada County