



AUG. 26, 2023

MENTAL HEALTH

FIRST AID

Mental Health First Aid teaches how to identify and respond to signs of mental illness and substance use disorders. In this training, you will learn how to reach out, provide initial support and help connect the person to appropriate care.

This course will begin with 2.5 hours of online work prior to the 6 hours of in person training. In person training is 9AM-3:30PM. Please register by August 11th. Registration is open to the first 30 participants. Send name, email address, cell # and home parish to Mary Fuller to register. Fee is \$55 per person and includes lunch. Please bring check payable to Catholic Charities to the in person training.



**1 in 5 Americans
have a diagnosable
Mental Illness**

Learn the facts

**Develop skills to
save lives**

**Three year adult
certification**

Register Now!

ST. JOHN NEUMANN

Hoffman Center
2900 E. Main St.
St. Charles, IL

Register in Advance:

Mary Fuller

cmhm@rockforddiocese.org

815-520-7549