



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Mental Health First Aid was designed to extend the concept of first aid training to mental health and substance abuse challenges.

This course will focus on how to help adults.

Wednesday, June 28, 2023

9:00 a.m. to 3:30 p.m.

\$60/person includes all course materials including two hours of pre-course work to be completed online.

Johnson Conference Room, Lavaca Medical Center

1400 N. Texana, Hallettsville

Pre-registration is REQUIRED by June 16, 2023. Seats are limited.

Participants will be emailed a link to complete two hours of online instruction prior to attending the in person class.

Mental Health First Aiders learn:

- to recognize the signs and symptoms of potential mental health and substance abuse challenges
- how to listen non-judgmentally
- give reassurance
- how to refer to the individual to appropriate resources

To Register

complete the attached registration form. For more information call 361-798-2221.

This course is brought to you by :



HEALTHY SOUTH TEXAS

**TEXAS A&M
AGRI LIFE
EXTENSION**



Adult Mental Health First Aid Registration Form

Training to be held June 28, 2023

This form must be received by June 16, 2023

Make Payments \$60/per person (Check or Money Order)

to Lavaca Home Economics Committee

c/o Lavaca County AgriLife Extension

300 S. LaGrange Street

Hallettsville, TX 77964

All paid participants will receive an email with two hours of online coursework to complete prior to attending the class. The online portion of the course must be completed prior to attending the training.

Name _____

Phone Number _____ Text OK? Y or N

Email address _____

Occupations/Place of Employment:

Food Allergies/Dietary Restrictions? _____

This course is brought to you by:



HEALTHY SOUTH TEXAS

TEXAS A&M
AGRI LIFE
EXTENSION