

# ADULT MENTAL HEALTH TRAINING

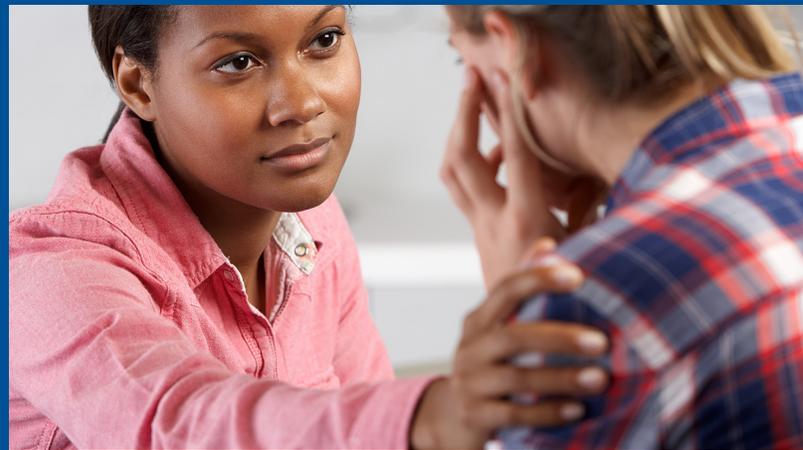
Wednesday, August 6, 2025  
9AM-5PM

Mid-Carolina Regional Council, 6205 Raeford Road, Fayetteville, NC

Join us for a FREE Adult Mental Health First Aid Training, a nationally recognized program that teaches participants how to identify, understand, and respond to signs of mental illness and substance use disorders.

## WHAT YOU WILL LEARN

- How to recognize common signs and symptoms of mental health challenges
- How to approach someone in crisis
- How to offer initial support and connect them to appropriate care
- Skills for listening without judgment and providing reassurance



## WHO SHOULD ATTEND?

Community members, caregivers, educators, first responders, faith leaders, any anyone interested in supporting mental health and well being.

## REGISTRATION REQUIRED

RSVP BY Aug. 1

To Register or for more information please contact:

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**MID-CAROLINA  
REGIONAL COUNCIL**  
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