

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**
Creative Regional Solutions