



ADULT MENTAL HEALTH FIRST AID

ALGEE 8 Contact Hours Continuing Education



When: Monday

Date: October 10, 2023

Time: 8 am—5 pm

**Where: Mid-Carolina Area Agency on
Aging
6205 Raeford Rd.
Fayetteville NC**

Cost: \$25 for the cost of materials

***Free lunch provided**

This is an eight-hour training teaching about recovery and resilience, covering risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in crisis & non-crisis situations, & where to turn for help. The course is interactive and provides an evidence base mental health first-aid action plan.

ALGEE

National Council for
Mental Wellbeing

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