

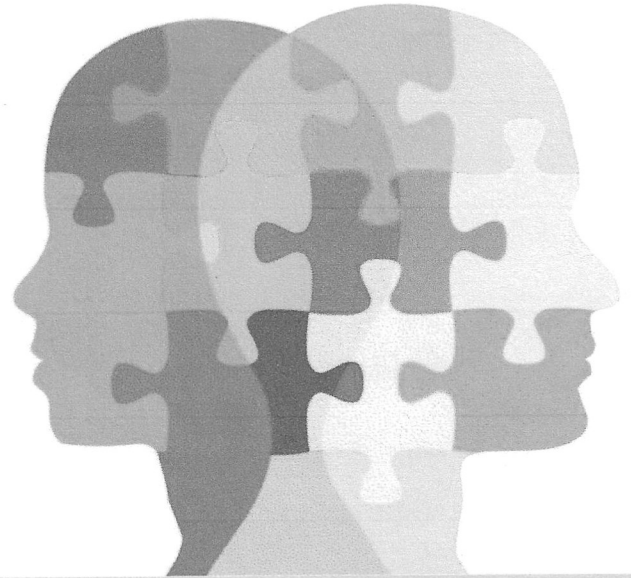
Mental Health First Aid

A Free Certification Course

**Learn to recognize the signs
and what to say to support
and be helpful.**

Every year, 1 in 5 people will deal with
a Mental Health issue.

Educate yourself and help end
the stigma around getting help.



Hosted by **National Association of Black Military Women**

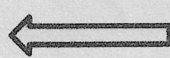
NYC Health + Hospitals/Carter

1752 Park Ave, New York, NY

Adult Certification: Saturday, June 15th, 2024

9:30am-4:30pm

This class is for adults, 18 years old and older.



To register, scan the QR code or visit:



<https://NABMW.timetap.com>

Mental Health First Aid is a FREE 8-hour course that will help you:

- Identify signs and symptoms of anxiety, depression, and other mental illnesses
- Learn how to respond if you see these signs in youth, friends, and loved ones
- Connect persons to appropriate professional, peer, social, and self-help care

All participants receive a 3-year certification in Mental Health First Aid!



For more information about NABMW, visit

<https://www.nabmw.org>



NYC
Health