



MENTAL  
HEALTH  
FIRST AID®



# Mental Health First Aid: Learn how to help

**An average of 123 lives are lost to suicide each day.** All too often, we either miss the signs that someone is struggling or we don't know how to help someone get the mental health services they need.

Mental Health First Aid can teach you how to interact with someone who is experiencing a crisis. **Register by Sept. 13 for virtual courses. \$30 fee covers all books and materials.**

## Youth Mental Health First Aid

- **September 22, 8:00 a.m.-12:30 p.m.**
- This course is for adults who work with youth ages 6 to 18 in any capacity. Topics include common signs of anxiety, depression, eating disorders; impact of social media and bullying; and much more.
- Two hours of online education required prior to the class meeting.
- Instructors: Angie Sauvage and Kelsey Edwards.

## Adult Mental Health First Aid

- **September 30, 8:00 a.m.-2:30 p.m.**
- This course is for adults who are interested in learning how to help other adults. Topics include common signs of mental illness or substance use, how to connect someone with help, and much more.
- Two hours of online education are required prior to the class meeting.
- Instructors: Angie Sauvage and Alexis Whorton.

**Learn more about the courses and instructors at [bit.ly/CHCS-MHFA](https://bit.ly/CHCS-MHFA)**

**To register, call Kelsey Edwards at 785-889-5048 or email [kelseyedwards@chcsks.org](mailto:kelseyedwards@chcsks.org).**



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