

JOIN US FOR THE UPCOMING FREE

ADULT MENTAL HEALTH FIRST AID TRAINING

Sponsored by the Bedford Health and Human Services Department and the Great Meadows Public Health Collaborative

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary.



HOW IS THIS TRAINING BENEFICIAL?

- Informs about common mental health concerns
- Helps reduce stigma
- Helps recognize common signs and symptoms of mental health and substance use challenges
- Provides guidance with a simple 5-step action plan (ALGEE) how to properly and safely respond to these challenges

WHO SHOULD KNOW AND BE INVOLVED?

- Parents/Family/Friends
- Educators/Police/Fire
- All community members

WHEN & WHERE?

Date & Time: May 23, 2023 from 10am-4pm

Location: Bedford Town Hall, Reed Room
10 Mudge Way, Bedford MA 01730



Interested in attending?

Please email Katie Mayer at kmayer@concordma.gov

