

We give help for diabetes. Why not depression?

Get trained in Mental Health First Aid.

We've got a mental health problem.

It's more common than you think.

10TH

Suicide is the 10th-leading cause of death in the U.S.

It's all around.

40,000

Each year 40,000 Americans die by suicide.

Adults are hit hard.



The rate of suicide is highest in middle age.

People with mental illness often suffer alone, and stigma stops many from getting help.

You can do something to help.

Mental Health First Aid gives you the know-how you need to identify signs of mental illness and respond to someone experiencing a mental health crisis.

Who is the course for?

Our 8-hour general course is designed for people who live, work or engage with other **adults**. It's great for:

- Faith communities
- Community organizations
- Social services workers
- General community members

What will you learn?

- A 5-step action plan to identify, understand and respond to adults experiencing mental illness
- How to talk to an adult in crisis
- Info about mental health resources in your community

With Mental Health First Aid, you'll be prepared when a mental health crisis happens. And you'll have the chance to be there for someone who needs you.

Join our upcoming course:

Date:

Time:

Location:

RSVP:



Carolinas HealthCare System