



**The Department of Human Services
will be offering a **Mental Health First Aid**
Class & Certification
FREE**

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. Topics covered include anxiety, depression, psychosis, and addictions.

Pre- Registration Required
Limited to 30 participants

On March 23rd
From: 9:00am - 5:00pm
City Hall
3600 Kirchoff Rd, Rolling
Meadows IL 60008



Interested?
Contact: Marisol Gonzalez
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