

Mental Health First Aid Training

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or is experiencing a mental health crisis. The training helps you identify, understand and respond to signs of addiction and mental illness.

Open to the public & residents of Ottawa County

Wednesday, September 28 ~ 8 am—5 pm

Firelands Counseling & Recovery Services

335 Buckeye Road, Port Clinton

Enter through left entrance of the building

Cost: No cost for participants

Lunch will be provided

Laura Miller, LISW-S and Mindy Koskela, LPCC-S, from Firelands Counseling & Recovery Services will provide you with:

- **Risk factors and warning signs of mental health problems**
- **Information on depression, anxiety, trauma, psychosis and addiction disorders**
- **A 5-step action plan to help someone who is developing a mental health problem or is in crisis**
- **Where to turn for help — professional, peer and self-help resources**

Registration is required by September 26 by calling 419-734-2942.

