

MENTAL HEALTH FIRST AID FOR RURAL COMMUNITIES

WHY MENTAL HEALTH FIRST AID?

Stand with your community and learn to identify, understand and help someone who may be experiencing a mental health or substance use challenge.

WHO SHOULD TAKE COURSE?

Individuals who are a part of, connected to or support rural communities.

LEARN:

- Impact of mental health challenges on adults in rural communities
- Risk & protective factors specific to rural communities
- National, Regional & Community Mental Health Resources

COURSE INFORMATION:

Dates: Monday & Tuesday April 29 & 30

Time: 8AM-12:30PM

Location: Bluebonnet Trails Conference Room
750 West Travis St, La Grange, TX

Cost: Free (\$200 value)

Register at: <https://forms.office.com/r/ChvSCZhFpQ> or by calling 979/968-5831

Questions about the course: rannel.foster@bbtrails.org

