



Pottawatomie County

# Mental Health First Aid

Sponsored by Pottawatomie County Extension

**Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes first aid is YOU.**

**You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.**



- ▶ A training will be held on January 20, 2017 from 8:30 a.m. to 5:00 p.m. in the Sunflower Room, 612 E Campbell Street, Westmoreland.
- ▶ The cost is \$30 per person which includes lunch and materials. Checks are payable to Pottawatomie County Extension.
- ▶ Deadline to register is January 13. Send your checks to: Pottawatomie Co Extension PO Box 127 Westmoreland KS 66549 or register online at: [www.pottawatomie.ksu.edu](http://www.pottawatomie.ksu.edu)
- ▶ For more information contact Erin Tynon at 785-457-3319 or by emailing: [etynon@ksu.edu](mailto:etynon@ksu.edu)

**Take a course. Save a live. Strengthen your community.**

*Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Erin Tynon at 785-457-3319.*

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

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