

Mental Health First Aid



1 IN 5 ADULTS IN THE U.S. HAVE A DIAGNOSED
MENTAL HEALTH CHALLENGE.



7 IN 10 TEENS IN UTAH MEET THE CRITERIA FOR
MODERATE TO SEVERE DEPRESSION.

ARE YOU CERTIFIED IN PHYSICAL FIRST AID?
ARE YOU CERTIFIED IN MENTAL HEALTH FIRST AID?



Our FREE course empowers you, your
friends, your businesses, your family.

WHO NEEDS YOU TODAY?

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Strengthening Families & Protecting Children



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

