

# Mental Health First Aid

## Join the movement.

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

**Sat, Jun 17 8:00 am - 5 pm**

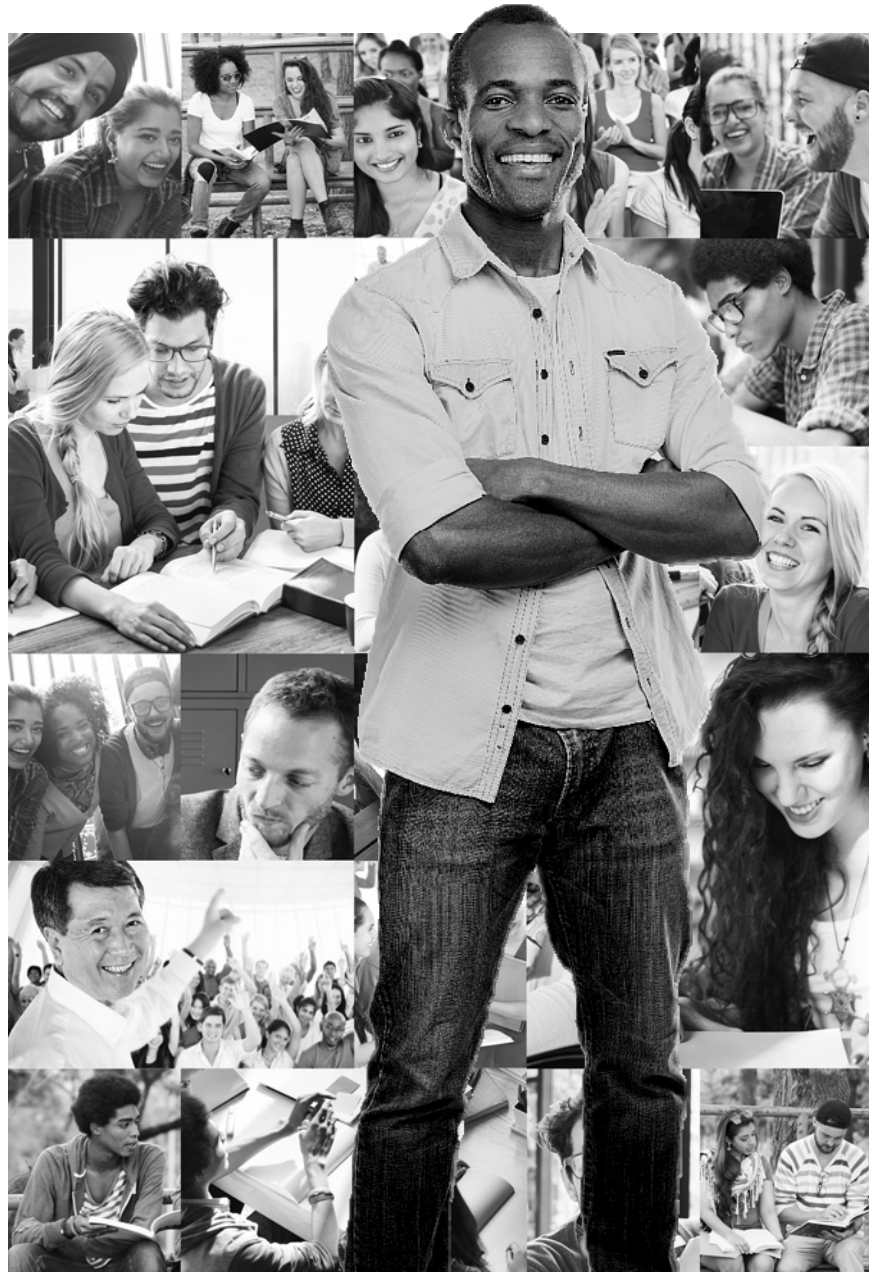
Berkshire South Regional Community  
Center 15 Crissey Road  
Great Barrington MA 01230

**REGISTER: Free of charge!**  
[www.BerkshireCoalition.org](http://www.BerkshireCoalition.org)

CONTACT: Lee Watroba by phone: 413-931-5284  
or email: [Lee.Watroba@AustenRiggs.net](mailto:Lee.Watroba@AustenRiggs.net)

A person you know could be experiencing a mental health or substance use problem.  
**Learn an action plan to help.**

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.



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

For more information, visit  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)