MENTAL HEALTH FIRST AID

We invite you to join one of our upcoming Mental Health First Aid classes, generously sponsored by the Hayes Family Foundation.

You are more likely to encounter someone in an emotional crisis than someone having a heart attack. Mental Health First Aid teaches you how to identify someone experiencing a mental health crisis and connect them with help.

Classes are designed for the general public and operate similarly to a physical first aid course. There are two types of classes available:
- Adults Assisting Adults
- Adults Assisting Youth

Here are a few things you’ll learn in a Mental Health First Aid class:
- 5-step action plan to assess a situation and help
- Impact of mental and substance use disorders
- Local resources and where to turn for help

DATE & TIME:
- **Adults Assisting Youth**
  - **August 4, 2023, 8:00 a.m. – 5:00 p.m.**
  - In person at George Washington High School

Questions? Reach out to WellPower’s Mental Health First Aid Coordinator, Jasmine Breeden, at jasmine.breeden@wellpower.org.

About WellPower: We know the pursuit to live, feel and be well looks different for each person. At WellPower, we power the pursuit of well-being by supporting and promoting the vital connection between a person’s mental health and overall well-being. Our nationally-recognized services help children, families and adults in the Denver community create a path to living happier and healthier lives.

We proudly and actively work toward ensuring that diversity, equity and inclusiveness are at the core of all that we do. Read more: wellpower.org/dei.