



Did you know...

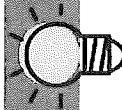
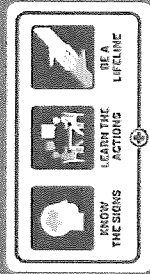
# 1 in 5

**YOU  
CAN BE A  
MENTAL  
HEALTH  
HERO!!**

**Have a  
Diagnosable  
Mental Health  
Issue in any  
given year?**

Mental Health First Aid is an 8-hour course that teaches the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, eating disorders, substance use disorders, and self-injury.

Take a class, learn the action plan, and become a lifeline!



**TAKE A CLASS!**

See reverse side for information about

courses in Bernalillo County!

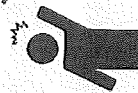


**BEING A HERO IS EASY!  
LEARN THE SIGNS  
ASK QUESTIONS  
LISTEN  
SHARE RESOURCES**



&

**STAND UP TO  
STIGMA!**



Learn More at:  
[www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

## JUNE 4, 2016 from 8am to 5pm

Caesar Chavez Community Center

7505 Kathryn SE

Albuquerque, NM 87108

Adult Training

Holiday Park Community Center

11710 Comanche Rd. NE

Albuquerque, NM 87111

Adult Training

Westside Community Center

1250 Isleta Blvd. SW

Albuquerque, NM 87105

Adult Training

Bernalillo County Fire Department Atrium

6840 2<sup>nd</sup> St. NW, Albuquerque, NM 87107

Youth Training