

Thrive

NYC

A Roadmap for
Mental Health
for All

ADULT MENTAL HEALTH FIRST AID

Register online at: <https://interchurch.timetap.com/>

475 Riverside Drive, New York NY 10115

Session Date: Wednesday, September 18th from 9:00 AM - 5:00 PM



Mental Health First Aid is a **FREE** 8-hour course that will help you:

- Identify signs and symptoms of anxiety, depression, and other mental illnesses
- Learn how to respond if you see these signs in youth, friends, and loved ones
- Connect persons to appropriate professional, peer, social, and self-help care

All participants receive a 3-year certification in Mental Health First Aid!

For more information, or to sign up for other MHFA courses around the city,
please visit: nyc.gov/mhfa.