



I am trained to provide
**Mental Health
First Aid[®]**



**MENTAL HEALTH
FIRST AID[®]**

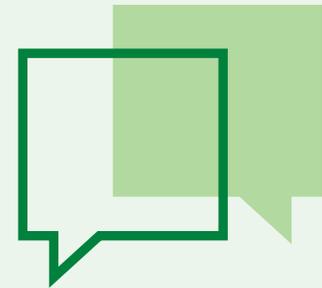
For Anyone. For Everyone.™



I can provide
support and
guidance in a safe
environment



I can comfortably
have a **conversation**
about mental health
problems



Ask me about
professional and
other supports