

**FEBRUARY 2025**  
**PARISH NURSE'S NOTES**

**MENTAL HEALTH FIRST AID TRAINING**

You may know CPR and the Heimlich maneuver. You can call 911. But can you administer first aid in a mental health crisis? It seems there is a lot more “problems” these days at home, work, and in public. It’s easy to tell when someone is suffering from a heart attack, is choking or is unable to breathe. But, what does depression look like? Or anxiety? Have you met people experiencing suicidal thoughts or behaviors, a panic attack; grief; trauma; substance abuse; or an eating disorder?

How would you know? And how can you help?

There is a 2-part course you can take **FREE**

**Part 1:** February 19 0800-1230pm

**Part 2:** February 25 0800-1230pm

Valley health Wellness Center

401 Campus Blvd, Winchester, VA

**CALL WELLNESS SERVICES 540-536-3040 to register**

This 2-part course prepares members of the public to provide Mental Health First Aid to those in need and is delivered by a certified Mental Health First Aid USA instructor. Mental Health First Aid USA is coordinated by the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

To learn more about this course, visit [www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)