

## ADULT MENTAL HEALTH FIRST AID CLASS SCHEDULE July - December, 2017

DATE	TIME	LOCATION
July 24, 2017 & July 25, 2017	8:30am-1:00pm  8:30am-1:00pm	White Rock Training Center, Room 117
August 8, 2017 & August 9, 2017	8:30am-1:00pm  8:30am-1:00pm	RLOUB, Conference Room 4501 *
September 25, 2017 & September 26, 2017	8:30am-1:00pm  8:30am-1:00pm	White Rock Training Center, Room 112
October 23, 2017 & October 24, 2017	8:30am-1:00pm  8:30am-1:00pm	Canyon School, Room 165
November 6, 2017 & November 7, 2017	8:30am-1:00pm  8:30am-1:00pm	RLOUB, Conference Room 4504 *
December 4, 2017 & December 5, 2017	8:30am-1:00pm  8:30am-1:00pm	Canyon School, Room 172

Just as CPR helps you assist an individual having a heart attack — even if you have no clinical training — Mental Health First Aid helps you assist someone experiencing a mental health related crisis. In the Mental Health First Aid course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. UTrain course # 25564. For registration assistance, contact Evelyn Martinez, Los Alamos National Laboratory (LANL) Ombuds Office, at 665-2837 or [evelynm@lanl.gov](mailto:evelynm@lanl.gov).

\*LANL personnel only