



Town of
Westport
MASSACHUSETTS

The Coastal Agricultural Resource Community of New England

MENTAL HEALTH FIRST AID



Identify. Understand. Respond.

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.

**May 29th, 2024 | 8am-4pm | White's of Westport,
Colonial Room | Breakfast and Lunch Included**

To register, please complete this form:

<https://forms.gle/7xffUXpDs7A2Xx4F9>

For more information, contact Olive Wicherski:

@wicherskio@westport-ma.gov

Training fee is \$125 per person. This fee is inclusive of 2 nationally certified trainers, all participant materials (participant manual & participant processing guide), training materials, resource handouts and 3-year certification.

Registration will be capped at 30 people.