

Someone you know  
could experience a  
mental health crisis.  
Will you know what  
to do?



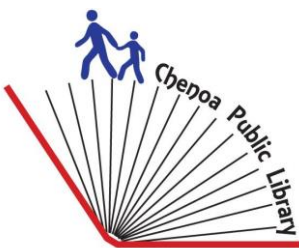
Sometimes, first aid isn't a bandage, or CPR, or calling 911.  
Sometimes, first aid is YOU!

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. The Mental Health First Aid class teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate care. Mental Health First Aid is for anyone— parents, neighbors, students, first responders, teachers, leaders of faith communities, human resources professionals, and caring citizens.

**Are you interested in learning to be part of the solution?  
Join us for a Mental Health First Aid Class.**

**Date:** Saturday, February 17, 2018 8:30am—5:00pm  
**Location:** Chenoa VFW, 215 Green Street, Chenoa  
**Fee:** \$10.00 (includes the book, a light breakfast, lunch and course materials)

**To register:** please call (815) 945-4253 or email [chenoapl@frontier.com](mailto:chenoapl@frontier.com)  
**Sponsored by the Chenoa Public Library and the Chenoa VFW.**



**MHFAC**  
MENTAL HEALTH FIRST AID COLLABORATIVE  
MCLEAN COUNTY CENTER FOR HUMAN SERVICES • ILLINOIS AHES NETWORK  
MCLEAN COUNTY HEALTH DEPARTMENT • ADVOCATE BROMEN MEDICAL CENTER  
ILLINOIS PRAIRIE COMMUNITY FOUNDATION • OSF ST. JOSEPH MEDICAL CENTER

