

# Mental Health First Aid

Join the movement.

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

Louis S. Wolk JCC  
1200 Edgewood Avenue  
Rochester, NY 14618

Friday, October 19th 8:30am-5:00pm

To register contact:  
Megan Clifford LCSW-R  
(585) 433-5919  
or [mhfarochester@gmail.com](mailto:mhfarochester@gmail.com)

A person you know could be experiencing a mental health or substance use problem.

**Learn an action plan to help.**

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Get trained in Mental Health First Aid.



Take a course. Save a life.  
**Strengthen your community.**

For more information, visit

[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org)