

Concerned about veterans?
Want to learn how to help?
Attend a free training!



*MENTAL HEALTH FIRST AID
FOR MILITARY MEMBERS, VETERANS,
AND THEIR FAMILIES*

is a FREE, 8-hour training that teaches participants to assist someone experiencing a mental health problem or crisis, with a special focus on helping military members, veterans, and their families. No prior knowledge or military connection is necessary!

Upcoming trainings:
AUGUST 2 or SEPTEMBER 20

8AM – 4PM

American Red Cross
35 N Sage Ave.
Mobile, AL

REGISTRATION IS REQUIRED: Contact Emily: emily@bayouclinic.org, 251.824.4985