



# Mental Health First Aid

Classes will be held at:  
Platte Valley Medical  
Center  
Mediacal Office Building II  
2<sup>nd</sup> Floor Conference  
Room 1610 Prairie Center  
Parkway, Suite 2200  
Brighton, CO 80601

Class offering: Oct. 10<sup>th</sup> 8:30 am to 4:30pm



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

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.

To Register go to:

<https://goo.gl/PLJQts>

or scan:



Questions please contact:  
Assistant Chief Chris Mulberry  
[cmulberry@pvmc.org](mailto:cmulberry@pvmc.org) or  
[chrismulberry@gmail.com](mailto:chrismulberry@gmail.com)  
Office: 720-685-8420

**Free Course! Just RSVP**  
**8 hours CE**

