

# YOU WANT TO HELP. LEARN HOW.

**One in four Americans has suffered from a mental health problem. That's a staggering statistic.**

To put it in perspective, that's more people than effected by heart disease, lung disease and cancer combined. But there is hope. And it is you. Through our certification course, you'll become a mental health first aider. We'll teach you how to respond to someone with a mental health challenge. Challenges that include depression, suicide, substance abuse, eating disorders and panic attacks – to name a few. You'll learn the signs, evidence-based actions and how to connect those in crisis to support systems that can help them recover. It's like CPR. But for mental health.



**KNOW  
THE SIGNS**



**LEARN THE  
ACTIONS**



**BE A  
LIFELINE**

**Register for our next course.**



**MENTAL HEALTH  
FIRST AID  
COLORADO**

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