## Mental Health First Aid for Veterans

Mental Health First Aid is a public education program that helps participants identify, understand, and respond to signs of mental illnesses and substance use disorders in military members and veterans. Family members and personnel working with military and family members do not always know how to engage veterans with mental illnesses and addictions. Mental Health First Aid for Veterans focuses on the unique experiences and needs of the military, veteran, and family population.

Participants receive a course manual and certificate.

November 14<sup>th</sup>, 2015 8:00 am - 5:00 pm

St. Paul

Supportive Living Solutions 2515 Wabash Ave, Suite 300

Visit https://MHFAveteransStPaul11-14.eventbrite.com to register.

Registration is required. Please bring a bag lunch.



Phone: 1-651-645-2948

Toll Free: 1-888-626-4435 www.namihelps.org

NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.