



**MENTAL  
HEALTH  
FIRST AID**

# Mental Health First Aid USA

FOR OLDER ADULTS AND  
THOSE DEALING WITH  
LATER-LIFE ISSUES

**NACOG**

Northern Arizona  
Council of Governments  
Apache • Coconino • Navajo • Yavapai



**Area Agency on Aging**

**February 21—22nd**  
**Wednesday & Thursday**  
**9am—1pm**

**Sedona Winds**  
**Assisted Living**  
**475 Jacks Canyon Rd.**  
**Sedona, AZ 86351**

**TO REGISTER**

Email Susan Hunter at  
shunter@nacog.org or call  
**1-877-521-3500**

Mental Health First Aid is a  
FREE 8-hour course that  
teaches how to help someone  
who is developing a mental  
health problem or experiencing  
a mental health crisis. The  
training helps identify,  
understand, and respond to  
signs of mental illness and  
substance use disorders.

*Sedona Winds*