



Kendall County Health Department invites you to...

# Adult Mental Health First Aid Training

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!



WHEN: Friday, March 17

WHERE: Virtual Training\*\*

TO REGISTER: Please call Jetze at  
630-553-9100

Training is FREE!

\*\*There will be a 2 hour self-paced online portion that MUST be completed prior to the live Zoom training. You will receive information on how to access the training and pre-training work closer to the training. Please make sure your camera and microphone are in working condition as this is an interactive training.