



Greek Orthodox Metropolis of Detroit Greek Orthodox Metropolis of Detroit Summer Camp



2019 Mental Health First Aid

Mental Health First Aid is an eight-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach-out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis such as a panic attack, is contemplating suicide or experiencing symptoms of depression. Mental Health First Aid takes the fear and hesitation out of starting conversations by improving understanding and providing an action plan.

MONDAY, JUNE 3, 2019

YOUTH Mental Health First Aid

TIME:

3:30PM - 9:00PM

LOCATION:

St. Nicholas Church
760 West Wattles Road - Troy, MI

FEE:

FREE - *Thanks to the Leadership 100
Camping Ministries Grant*
Food and Workbook Included

To register or for more information, visit www.detroit.goarch.org/ywmichigan