



Sometimes first aid isn't a bandage, or CPR, or calling 911.  
Sometimes, first aid is **YOU.**

**Tues., Feb. 12th**  
**Thurs., Feb. 14th**  
**Tues., Feb. 19th**

**Sign-in at 8:30 AM**  
**Start at 9 AM - 5 PM**

**Tremont Neighborhood  
Health Action Center**

**1826 Arthur Avenue**  
**Multi-purpose Room 1st Floor**



**Take a course. Save a life.**  
**Strengthen your community.**

You must register in advance to  
take the course, no walk-ins.  
To register, visit our [Eventbrite page](#)  
or contact:

**Shawna Beach, DOHMH**  
[sbeach@health.nyc.gov](mailto:sbeach@health.nyc.gov)

A person you know could be  
experiencing a mental health  
or substance use problem.  
**Learn an action plan to help.**

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.**

For more information, visit  
<http://www.MentalHealthFirstAid.org>