

MENTAL HEALTH FIRST AID COMES TO *YOU!*

1-in-5 American adults struggle with mental health issues

BE THE **1** TO MAKE A
DIFFERENCE



USA
MENTAL
HEALTH
FIRST AID*

October 16, 2020 | 10AM - 2PM

Limited Space Available!

Registration Deadline: September 30th

Learn how to help someone who may be developing a mental health challenge or who is in a mental health crisis.

TO REGISTER OR FOR MORE INFORMATION, PLEASE CONTACT
ANDREA WILKINSON (804-819-8741 OR WILKINSONA@RBHA.ORG)