

# MENTAL HEALTH FIRST AID CLASS FOR VETERANS

Hosted by Carbon Valley Rotary  
Partnering with North Range Behavioral Health,  
Qualified Listeners, Carbon Valley Library



Learn about Military Culture and its relevance to the topic of mental health

Spot risk factors and warning signs of mental health problems

Know the signs of mental health and substance use disorder emergencies

Learn how to respond to someone in crisis

Date: May 16, 2019

Time: 8:00 am – 5:00 pm

Location: Carbon Valley Library  
7 Park Avenue, Firestone

Who Should Attend:  
Veterans  
Military Members  
Families and Friends of  
Veterans and Military Members

The class is free, but registration is required at: [www.mhfac.org/findclass/attend/804](http://www.mhfac.org/findclass/attend/804)  
Questions? Call 970-347-2395 For a copy of this flyer visit [www.QualifiedListeners.org](http://www.QualifiedListeners.org)