



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Free! Two half-day training days focusing on adult mental health. Topics include anxiety, depression, psychosis and substance use

- Understand the impact of early intervention
- Recognize signs and symptoms with skills-based scenarios
 - Explain and use the *MHFA Action Plan (ALGEE)*
- Address stigma and explain that recovery is possible
 - Ensure safety and privacy during conversations
- Choose methods for self-care for yourself and others

Event Information

Dates: September 10th & 11th

Time: 1:00pm CT to 4:30pm CT

Location: Milwaukee Public Library Tippecanoe Branch, located at 3912 S. Howell Ave
Community meeting room

****Space is limited****



COMMUNITY ADVOCATES

Where Meeting Basic Needs Inspires Hope



Registration ends
9/8/2026 11:59pm CT

<https://tinyurl.com/2bem4cc>



City of Milwaukee
DPW Peer Support