



**VETS RECOVER**

TRANSFORMING THE CULTURE OF CARE

# Register for Mental Health First Aid Training today!

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## Mental Health First Aid

Vets Recover is proud to offer Mental Health First Aid (MHFA) Training to our community.

Through this course, we aim to elevate our community's response to the mental health crisis in our area and educate community members on the value of building resiliency.

During the 8 hour course, you will learn to identify and provide an initial response for someone facing mental health challenges.

## Upcoming Trainings

Register today by visiting our website:

<https://vetsrecover.org/mhfa/>  
or by calling 251-405-3677

## Host a Training

Interested in hosting a training at your organization?

Contact: Stephanie Steele  
Community Integration  
Program Manager  
[sas@vetsrecover.org](mailto:sas@vetsrecover.org)



**Mental Health FIRST AID®**

from NATIONAL COUNCIL FOR MENTAL WELLBEING®