

# ADULT MENTAL HEALTH TRAINING

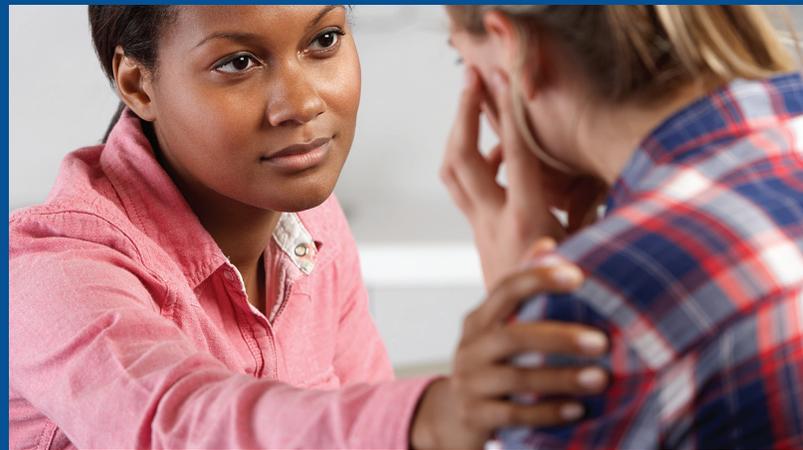
Wednesday, April 8, 2026  
9AM-5PM

**Bill Crisp Senior Center - 7560 Raeford Road Fayetteville NC**

Join us for a FREE Adult Mental Health First Aid Training, a nationally recognized program that teaches participants how to identify, understand, and respond to signs of mental illness and substance use disorders.

## WHAT YOU WILL LEARN

- How to recognize common signs and symptoms of mental health challenges
- How to approach someone in crisis
- How to offer initial support and connect them to appropriate care
- Skills for listening without judgment and providing reassurance



## WHO SHOULD ATTEND?

Community members, caregivers, educators, first responders, faith leaders, any anyone interested in supporting mental health and well being.

## REGISTRATION REQUIRED

To Register or for more information please contact:

**Barbara White**  
**910-323-4191 Ext. 28**  
**[bwhite@mccog.org](mailto:bwhite@mccog.org)**



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