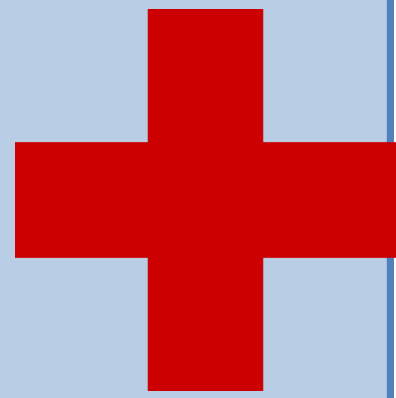


# Mental Health First Aid

Presented by Mackenzie Dezieck, BA in Psychology  
and Masters in Rehabilitation Counseling



When: Nov 4, 2020 02:00 PM

Topic: Virtual Mental Health Class

**Many of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But, would you know how to respond if we saw someone having a panic attack or if you were concerned that a friend or co-worker might be struggling with addiction? Mental health first aid is a tool that can be used by anyone—a family, friend, co-worker to address these types of concerns and support those people in our lives before.**

Register in advance for this webinar:

[https://zoom.us/webinar/register/WN\\_in5J5hIVRJ-4PO7A\\_kd98Q](https://zoom.us/webinar/register/WN_in5J5hIVRJ-4PO7A_kd98Q)

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