



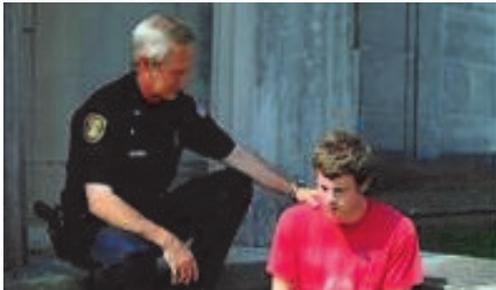
In partnership with:

**CASCADE**  
MENTAL HEALTH CARE

## FREE TRAINING

# Mental Health First Aid for Law Enforcement

Mental Health First Aid is a ground breaking education program that helps law enforcement assess risk factors and warning signs of mental health problems, builds understanding of their impact, and overviews common treatments.



### Learn the warning signs of:

- Anxiety
- Depression
- Schizophrenia
- Bipolar disorder

“One in five Americans has a mental illness and many are reluctant to seek help or might not know where to turn for care.”

**Two different classes offered:**

**February 12th or 19th**

**1:00 p.m.— 6:00 p.m.**

**Cascade Mental Health Care**

2428 W. Reynolds Avenue (Old DOL office)  
Centralia, WA 98531

**Limited class size please call the Lewis County Sheriff's Office to reserve your spot today.**

**RSVP ASAP**



**(360) 740-1302**

**OR via E-mail:**

**Further educational opportunity:**

**[Robin.merchant@lewiscountywa.gov](mailto:Robin.merchant@lewiscountywa.gov)**

To become certified in Mental Health First Aid, attendees will need to attend a 4 hour follow up course TBD after participation and interest is assessed