Thrive NYC

Mental Health First Aid

A Free Certification Course

Learn to help someone who might be suffering right in front of you.

Every year, 1 in 5 people will deal with a Mental Health issue.
So even if you don't think so, you know someone that you could help.

ICL Health Hub

2581 Atlantic Ave.
(entrance on Georgia Ave.)

Adult Certification

Wed., Jan. 9 & Wed., Jan. 16

2pm-6pm BOTH DAYS
You need to attend both sessions

REGISTER ONLINE: https://icl.timetap.com

Mental Health First Aid is a FREE 8-hour course that will help you:

- Identify signs and symptoms of anxiety, depression, and other mental illnesses
- Learn how to respond if you see these signs in youth, friends, and loved ones
- Connect persons to appropriate professional, peer, social, and self-help care

All participants receive a 3-year certification in Mental Health First Aid!

For more information about the hosting organization contact:
Nicole Robinson-Etienne, ICL VP Community Affairs at nicole.r.etienne@iclinc.net

ICL®

People Get Better With Us®