



## Know someone who may be struggling with their emotional wellness?

There's no quick bandage for an emotional wound. But there are signs for when first aid is needed.

No matter the relationship, YOU may be in a unique position to support them through a challenging time.

Learn how to...

Recognize the signs • Know how to respond • Be a Lifeline

Take one of our upcoming **FREE** Mental Health First Aid trainings:

For more information or questions about Mental Health First Aid or to find a course in your area, please contact Dawn Redmond at Sutter-Yuba Behavioral Health at (530) 822-7200 ext 2220; email: [dredmond@co.sutter.ca.us](mailto:dredmond@co.sutter.ca.us).

