



Pembina County Memorial Hospital



**Public Health**  
Prevent. Promote. Protect.

Pembina County Public Health



**PRAIRIE HEALTH**  
PARTNERS

Sometimes, first aid isn't  
a **bandage**,  
or **CPR**,  
or the **Heimlich**,  
or calling **911**.

Sometimes, first aid is **YOU!**

You are more likely to encounter someone — friend, family member, coworker, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack.

**Mental Health First Aid** teaches a basic 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis.

Anyone can take the 8-hour Mental Health First Aid course -first responders, teachers, leaders of faith communities, caring citizens.

Course Date: July 18, 2016  
Location: Emergency Operations Center, Cavalier  
Time: 8am-5pm  
Cost: \$30  
For more information or to register contact:

Pembina County Public Health Department  
Jeanna Kujava RN, Public Health Director  
[jkujava@nd.gov](mailto:jkujava@nd.gov) or 701-265-4248

*The National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health coordinate Mental Health First Aid USA.*

