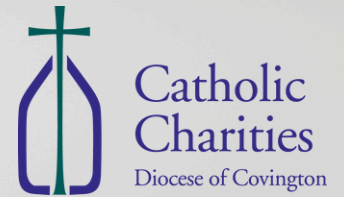


**IN 2021, 12.7 MILLION
ADULTS THOUGHT OF,
PLANNED, OR
ATTEMPTED SUICIDE.**



Mental Health First Aid helps reduce stigma, teach signs and symptoms, and prepare first aiders to use a 5 step action plan to use in the event of a mental health crisis.

**Tuesday, February 18
Catholic Charities Diocese of Covington
3629 Church St Covington Ky 41015
9 a.m.-3:30 p.m.**



<https://form.jotform.com/243105347336149>