



managed by



**IN 2023, 18 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, July 22  
9 a.m.-3:30 p.m.  
Catholic Charities  
Covington, KY 41015**



<https://form.jotform.com/251395587791170>