



**ADRIAN
GARCIA**
COMMISSIONER



Mental Health First Aid: Veteran Orientated

Wednesday, March 20th | 8 AM - 4 PM

This training is meant for individuals who are a part of or support the military community, including service members.

What does this class cover?

- Relevance
- Risk Factors\Protective Factors
- Applying the action plan; A.L.G.E.E.
- Mental Health Resources

Why Mental Health First Aid?

Mental Health First Aid is an evidence-based & early intervention training program developed for adults to learn how to assist and support members.

V.V Ramsey

16003 Lorenzo St.
Channelview, TX 77530



Scan to Register Now

Registration ends March 11th

Email: pct2safetydepartment@pct2.hctx.net

Nearly

1 IN 4*

active duty members showed signs of a mental health condition.

The suicide rate for veterans is

**57%
GREATER***

than non-veterans.

88%*

of veterans' caregivers report increased stress or anxiety.

 **The
HARRIS
CENTER** for
Mental Health and IDD

Transforming Lives