

ServingTogether.  
Connecting Veterans.

A program of EveryMind.  
Affiliated with AmericaServes



# Mental Health First Aid

Join us for an 8-hour Mental Health First Aid training in partnership with the Veteran Services Center at Goodwill. This veteran-focused course will help you learn how to recognize and respond to mental health challenges. You'll gain practical skills to identify warning signs, offer initial support, and connect individuals with appropriate resources. With early intervention and informed action, you can make a meaningful difference in someone's life.



## Learn how to:



Recognize and  
address mental  
health and  
substance use  
issues



Offer immediate  
support for those in  
crisis or developing  
problems



Review mental  
health resources for  
service members  
and supporters



Reduce stigma and  
connect a person  
with help



9:00am - 4:00pm  
**FRIDAY, JANUARY 30, 2026**



Veteran Services Center at Goodwill  
**1750 Monocacy Blvd, Suite A,  
Frederick, MD 21701**



**Mental Health FIRST AID®**  
from NATIONAL COUNCIL FOR MENTAL WELLBEING®

**REGISTER TODAY**



[bit.ly/3XRKhXf](https://bit.ly/3XRKhXf)

Contact Donny Williams at [DWilliams@EveryMind.org](mailto:DWilliams@EveryMind.org) with any questions.