

# 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**

**REGISTER TODAY**



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



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

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