

# Mental Health First Aid

evidence-based training for  
adults supporting other adults

**1 in 5**

people live with  
a mental health  
condition

Learn to identify, understand and respond to signs of a mental health or substance use challenge. This training gives you the skills you need to reach out and provide initial support to someone who may be struggling and help connect them to the appropriate care.

## ABOUT:

This training will be fully in-person.

Saturday, October 11, 2025  
8:00 a.m. – 5:00 p.m.  
Our Saviors Lutheran Church  
11405 S 1st St W  
Solon Springs, WI 54873

## COST:

FREE, lunch and snacks are included thanks to grant funding from Extension Douglas County and in partnership with NAMI Lake Superior South Shore. (\$170 value)

## TO REGISTER:



Visit  
<https://go.wisc.edu/dj2752>



Call  
**715-395-1426**



## QUESTIONS:

For questions or assistance, contact Tracy Henegar at 715-395-1426 or [tracy.henegar@wisc.edu](mailto:tracy.henegar@wisc.edu)

The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law. You may request an interpreter, materials in an alternative language or format, or other services to make these classes more accessible, by contacting Tracy Henegar at [tracy.henegar@wisc.edu](mailto:tracy.henegar@wisc.edu) or 715-395-1426 by September, 2025. There's no added cost to you for these services.



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**NAMI**  
National Alliance on Mental Illness

**Lake Superior  
South Shore WI**