



SEE THEM THROUGH

**Know someone who
may be struggling
with their
emotional wellness?**

There's no quick bandage for an emotional wound. But there are signs for when first aid is needed.

No matter the relationship, YOU may be in a unique position to support them through a challenging time.

Learn how to...

Recognize the signs • Know how to respond • Be a Lifeline

Take one of our upcoming **FREE** Mental Health First Aid trainings:

For more information or questions about Mental Health First Aid or to find a course in your area, please contact Sutter-Yuba Behavioral Health at (530) 822-7200; email: pei@co.sutter.ca.us.

