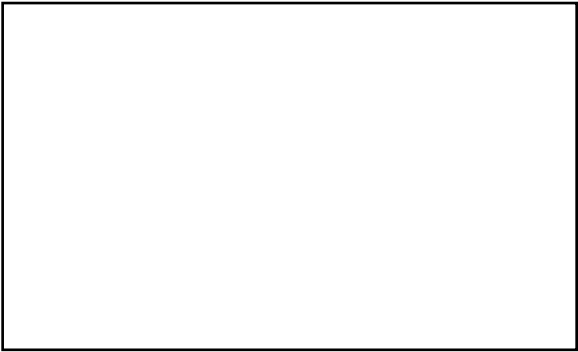


This is a skills-based training that teaches people how to safely and responsibly identify, understand and respond to signs and symptoms of a mental health or substance use challenge in adults. This course builds mental health literacy and teaches strategies to help someone in crisis and non-crisis situations, and knowledge of where to turn for help.

(0.75 CEUs) Participant manual and processing guide included with course. Mental Health First Aid, sometimes called Adult Mental Health First Aid, is designed for adult learners. The course may not be delivered to anyone under the age of 18.



## Lincoln, NE

Saturday, Sept. 14, 2024  
8 a.m.-4:30 p.m.

Wednesdays, Oct. 2-9, 2024  
12:30-4:30 p.m.

301 S. 68th St. Place, Room 304  
Instructor: Schluter

## Nebraska City, NE

Wednesdays, Nov. 6-13, 2024  
1-5 p.m.

at Nebraska City,  
1406/Central Ave., Room 102  
Instructor: Schluter

For more information, contact us at  
[continuinged@southeast.edu](mailto:continuinged@southeast.edu) or 402-437-2700.

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a

-----

Social Security Number OR SCC Student ID Number      Name:

-----

[-----]

You must have an email account to register online.