Press Release

Event: Mental Health First Aid

Date/Time: Thursday, February 1, 2018 10 AM-2PM

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The Child and Family Agency is doing the Mental Health First Aid workshop at the Public Library of New London. The course is appropriate for anyone 18 years and older who would like to learn how to help a person who may be experiencing a mental health related crisis or problem. Some of the topics that will be covered are anxiety, depression, psychosis, and addictions. Registration is required.

To register, please visit the following link:

<https://www.eventbrite.com/e/mental-health-first-aid-tickets-40186601206>

(This is a 2 day workshop, participants will get a certificate of completion on the 2nd.

**This event is free and open to the public. Registration is required.**

For more information regarding the event, please contact Madhu Bajaj Gupta at 860-447-1411 x5, mgupta@plnl.org or go to the library's website at [www.plnl.org](http://www.plnl.org).