

Mental Health First Aid Training

Dear [Recipient's Name],

We are pleased to inform you about our upcoming Mental Health First Aid Training scheduled for [Date] at [Location]. This training is designed to equip participants with the skills and knowledge to identify and support individuals experiencing mental health issues.

Training Details:

- **Date:** [Date]
- **Time:** [Start Time] - [End Time]
- **Location:** [Location]
- **Duration:** [Duration] hours
- **Cost:** [Cost] per participant

What You Will Learn:

- Understanding mental health and mental illness
- Recognizing the signs and symptoms of mental health issues
- How to provide initial support to someone in distress
- Resources for further help and support

Please RSVP by [RSVP Date] to secure your spot, as seating is limited. For any questions or further information, feel free to contact us at [Contact Information].

Thank you and we look forward to seeing you there!

Sincerely,
[Your Name]
[Your Position]
[Your Organization]