



Walt's Waltz is a Compass and a Megaphone!

Adult Mental Health First Aid Certification

Free, Virtual, Interactive Presentation & Discussion for those 18 and over living or working in SC thanks to the presenter, her SAMSHA Grant and PRISMA Health

Check upcoming dates on our events page! In person and Virtual
Receive Strategies and Resources, a Manual, 3-year MHFA Certification,
Certificate & 7.5 hours PD, CEs, etc. (\$175.00 Value)

Learn about Mental Health Conditions including:

Depression, Anxiety, Trauma, Substance Use Disorders, etc.

Discuss suicide risk factors. Provide an overview of stigma
and information on ways to combat and reduce stigma.

Highlighting suicide prevention resource,

Mental Health First Aid teaches about recovery and resilience, the
belief that individuals experiencing these challenges can
and do get better, and use their strengths to stay well.

You may even save a life.
www.waltswaltz.com/events



Walt's Waltz®