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## Mental health workshop held in Madison Co.

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By WAFF.com Staff - email

MADISON COUNTY, AL (WAFF) - A new organization wants to raise awareness about mental health.

Little Orange Fish has partnered with the Mental Health Center of Madison County to help educate the community about mental illness.

A workshop was held Wednesday at the Chamber of Commerce. The purpose was to promote Mental Health First Aid, a program that teaches people about the risks, signs and symptoms of mental health.

Little Orange Fish founder Daniel Adamek said one of the primary goals is to get people to feel at ease asking for help. He said the program can help people learn how to ask for help and build a community that supports them.

Adamek's organization is aimed at fostering community conversation about mental health needs.

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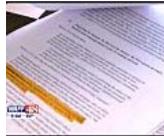
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