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# Mental Health First Aid

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By WALA Webstaff

MOBILE, AL (WALA) - Sometimes first aid isn't a bandage or CPR. Sometimes, first aid is you. A person you know could be experiencing a mental health or substance use problem. But you can take steps to help them. North Baldwin Infirmary is offering Mental Health First Aid courses to the community.

The next 8 hour course will be April, 18 from 8 a.m. to 5 p.m. at the North Baldwin Infirmary in Bay Minette.

Leadership in Baldwin County wants to encourage employers in the area to allow their employees to take this course. The hope is for these Lunch & Learn events to make workplaces a safer environment.

For more information about hosting a Lunch & Learn contact Christina Hellmich at the Eastern Shore Chamber of Commerce. The number is 251-928-6387.

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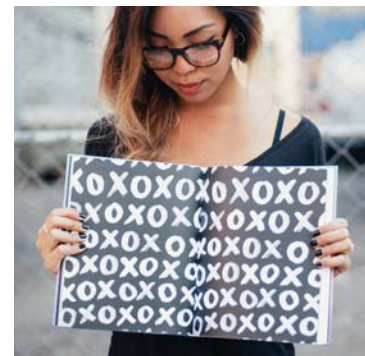
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