



Have you noticed that a colleague, friend or family member might be going through a difficult time? What do you do? What do you say?

Unfortunately, for many of us this is not a hypothetical scenario, but a lived experience.

To help create a more empathetic community and environment within The United Methodist Church (UMC) for those struggling with their mental and emotional health, Wespath is offering first aid training for mental health to all its participants—at no cost. Church staff and congregation members, UMC clergy and their spouses, and Church leaders also are invited to attend.

[Register here](#)

Over the course of two sessions, First Aid for Mental Health participants will learn advanced listening skills that will enable them to build empathy, trust and rapport with someone who might be going through a difficult time. Until you establish a foundation of empathy, trust and rapport it is difficult to help others make positives changes.



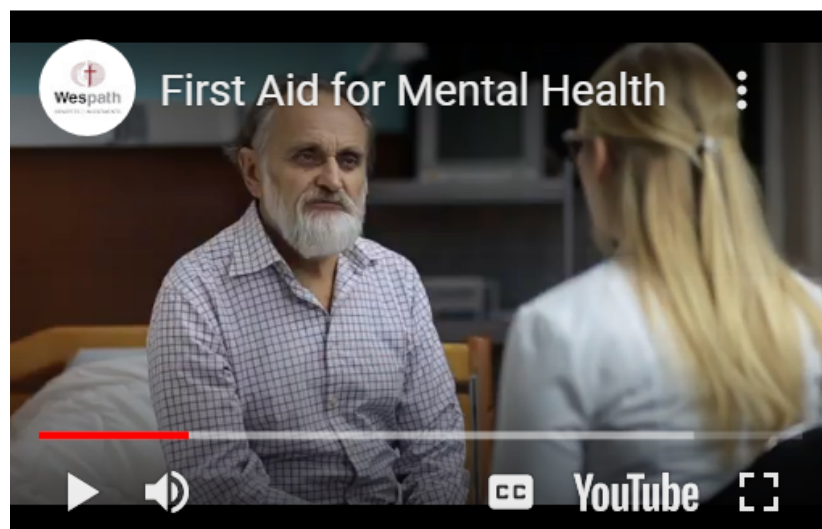
“I do know passionately that the skills that we talk about on these groups, the listening, the empathy, the trust, the staying out of judgement—I know it works.”

Chris White, First Aid for Mental Health facilitator

First Aid for Mental Health is for everyone. The skills acquired can be applied to many situations, including home, social and professional environments. The training also teaches attendees how to accept their own mental health struggles without embarrassment or shame.

For more information and to register, visit the [First Aid for Mental Health event page](#).

You also can watch the First Aid for Mental Health video to learn more:



a general agency of The United Methodist Church



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