MENTAL HEALTH FIRST AID

Sign up for this free class!

12:30pm – 4:30pm
• Monday, April 9, 2018
• Thursday, April 12, 2018

Learning Partnership
1075 East Santa Clara Street, San Jose, CA 95116

To sign up, please contact:
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⇒ Learn how you can help someone in emotional distress
⇒ This course will teach you:
  • To identify the risk factors and warning signs for a range of mental health problems
  • To recognize the signs and symptoms of mental health illnesses
  • To learn a 5-step action plan to assist an individual in crisis

This workshop is financed by the Mental Health Service Act, Prop 63.