Mental Health First Aid

Sign up for this free class!

1:00pm – 5:00pm
- Monday, March 26, 2018
- Wednesday, March 28, 2018

Learning Partnership

You must attend both sessions in order to be certified

⇒ 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

To sign up, please contact:
Leticia Medina
(408) 792-3921
Leticia.Medina2@hhs.sccgov.org

Ali Robleh
(408) 914-5751
Ali.Robleh@hhs.sccgov.org

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