



MENTAL HEALTH FIRST AID

APRIL 23RD, 9AM TO 4PM
LOCATION: ZOOM
COST: FREE

Mental Health First Aid is an education program designed for the general public on how to identify, understand and respond to signs of mental health challenges among adults. The training provides skills on how to approach, engage, provide initial support, and connect someone to care.

REQUIREMENT:

Must be able to complete Pre-Course Work (online, 2.5 hour self-paced) by April 14th to attend the course on April 23rd.

Access to Pre-Course Work will be sent to registered participants.

This training is not eligible for CEs

Space is limited.

Registration: https://bit.ly/ACBHD_AMHFAApr23

For more info/questions: mhfacoordinator@crisissupport.org



CRISIS SUPPORT SERVICES
of Alameda County



Behavioral Health
Department
Alameda County Health



Mental Health **FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING