

FREE MENTAL HEALTH FIRST AID TRAINING (MHFA)



Friday, May 6th



8:00 a.m - 4:30 p.m (lunch will be provided)



Municipal Services Building, 33 Arroyo Drive | Council Chambers



WHY MENTAL HEALTH FIRST AID (MHFA)?

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among **adults**. MHFA is targeted **for adults in the general community**, especially non-mental health professionals. MHFA is for anyone who wants to make their community healthier, happier, and safer for all.

ENROLL AND RESERVE YOUR SEAT TODAY*

<https://forms.office.com/g/eAV6bsv5Cm>

or scan the QR Code



*Enrolled participants will receive a Mental Health First Aid USA certificate of completion and a free self-care kit

WHAT THE TRAINING COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

Learn how to respond with the Mental Health **First Aid Action Plan (ALGEE):**

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.

Questions? Contact Tamiko Huey at tamiko.huey@ssf.net or 650-515-9792

