

SAN MATEO COUNTY MAYORS MENTAL HEALTH INITIATIVE
invites you to the following free in-person trainings

MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use issues. Build skills and confidence to provide initial support to those struggling, and how to connect people to appropriate support.

ADULT MHFA

For adults helping adults

Friday May 6th, 2022

8:00 AM - 4:30 PM

South San Francisco

Municipal Services Building

Friday May 13th, 2022

8:30 AM - 5:00 PM

San Carlos Library

Saturday May 14th, 2022

8:30 AM - 5:00 PM

Pacifica Community Center

YOUTH MHFA

For adults helping youth (12-18)

Saturday May 7th, 2022

9:00 AM - 5:30 PM

South San Francisco Police Department

Saturday May 14th, 2022

8:30 am-5:00 PM

San Carlos Adult Community Center

More classes will be scheduled for May and throughout the year in additional cities such as Daly City, East Palo Alto and Redwood City. For questions, please contact Sylvia Tang at stang@smcgov.org or 650-578-7165.

For pre-registration and updates, scan QR code or find events calendar at
SMCMentalHealthMonth.org



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING



#SMCTakeAction4MH