

# Get Certified in Mental Health First Aid

**Free Mental Health  
First Aid Training**



**1 in 4 people have a mental health condition but less than half get the help they need.**

Someone you know may be experiencing a mental health condition or crisis. You can make a difference and help people get the support they need and maintain a high quality of life.

**Friday, April 28, 2017 ~ 8:00 am - 4:30 pm**  
**San Mateo Adult School**  
**789 E Poplar Ave, San Mateo, CA 94401**

In just one 8-hour course, learn how you can help someone in distress and get the tools to identify, understand, and respond to signs of mental illness and substance use disorders.

**You will learn about the:**

- Risk factors and symptoms of common mental health and substance use conditions
- Best practices for talking about mental health and addictions
- 5-step action plan to respond to crises
- Local resources and where to turn for help

*Lunch will be provided!*

SEATS ARE LIMITED. RSVP TO TINA GOZON AT (650) 328-1001.



**Behavioral Health  
& Recovery Services**  
**SAN MATEO COUNTY**  
**Office of Diversity and Equity**

*This class is sponsored by San Mateo County's Office of Diversity and Equity, Behavioral Health & Recovery Services (BHRS), and Care Indeed.*

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