

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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