



CARE. COMMUNITY. CULTURE.

Free!

# Mental Health First Aid Training

This is an 8 hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

## Participants will learn:

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, eating disorders, substance use disorders, and self-injury
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities
- A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care
- The evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem.

Wednesday, November 2nd, 2016  
AND  
Friday, November 4th, 2016  
12pm—5pm both days

SNAHC-Kutba Classroom

To register:

Contact Tasha Norton  
Youth Health Educator  
Tasha.Norton@snahc.org  
916-341-0576 x2292



Life is Sacred

Space is Limited!



MENTAL  
HEALTH  
FIRST AID

This program is funded by the Sacramento County Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

All Are Welcome

2020 J Street • Sacramento, CA 95811

(916) 341-0575 [snahc.org](http://snahc.org)