



CARE. COMMUNITY. CULTURE.

Free!

Mental Health First Aid Training

May 26, 2017
8am– 5pm
Lunch Provided

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,
- An understanding of the prevalence of various mental health disorders in the U.S.
- A 5-step action plan to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care
- Identify evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem.

Register Today!

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

Space is Limited!



Life is Sacred



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



MENTAL
HEALTH
FIRST AID

All Are Welcome

2020 J Street • Sacramento, CA 95811
(916) 341-0575 snahe.org f t



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