



CARE COMMUNITY CULTURE

Mental Health First Aid Training



Friday December 15th ♦ SNAHC-Kutba Classroom

This is a FREE 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.

December 15th, 2017
8am-5pm
Lunch Provided
Space is Limited!

To register, contact **NICOLE BOZZO**
 (916) 341-0576 ext. 2248
 Nicole.bozzo@snahc.org



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