



Be the one to lead by example

Get Certified in Mental Health First Aid

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.

Free Mental Health First Aid Training

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

DATES

Thursday, February 23, 2017

8:30 am – 5:00 pm

Skyline College
3300 College Drive, Bldg 6, Room 6202-
6204 San Bruno, CA 94066

Lunch will be provided!

Please register at:

<http://tinyurl.com/skyline-2-23>

By February 16, 2017

Register early! Class limit is 30 people.

Questions?

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<http://www.smchealth.org/ODE>