



SAN MATEO COUNTY HEALTH  
**BEHAVIORAL HEALTH  
 & RECOVERY SERVICES**



**KINGDOM LOVE, LLC.**



**Mental Health FIRST AID**  
 from NATIONAL COUNCIL FOR MENTAL WELLBEING

**presents**

# MENTAL HEALTH FIRST AID

A skill-based training which helps you understand mental health and substance use challenges in people. As a First-Aider, you will identify signs and reach out to provide initial first-aid support. The Mental Health First Aid **ALGEE** Action Plan gives you the proper tools to support and connect people to the appropriate resources and treatments.

## TOPICS INCLUDE

- COMMON MENTAL HEALTH SIGNS AND SYMPTOMS
- SUICIDE WARNING SIGNS
- CULTURAL CONSIDERATIONS
- SELF-CARE

### Learning options

#### Blended Virtual:

After completing a 2-hour self-paced online course, First Aiders will participate in a 6.5-hour skill-based training, via zoom.

#### Blended In-person:

After completing a 2-hour self-paced online course, First Aiders will participate in a 6.5-hour skill-based training, in-person.

#### In-person:

First Aiders will participate in a 8.5-hr in-person training

### MHFA interest form:

[bit.ly/SMC-BHRS-MHFA-INTEREST](https://bit.ly/SMC-BHRS-MHFA-INTEREST)



“THIS COURSE IS VALUED AT \$170. THANKS TO THE MENTAL HEALTH SERVICES ACT (PROPOSITION 63) FUNDING AND A PARTNERSHIP BETWEEN KINGDOM LOVE, LLC AND SAN MATEO COUNTY BHRS ODE, APPROVED REGISTRANTS MAY ATTEND AT NO CHARGE.”

[smchealth.org/bhrs/ODE](https://smchealth.org/bhrs/ODE) | [www.kingdomlove.live](https://www.kingdomlove.live)