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

“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.”

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