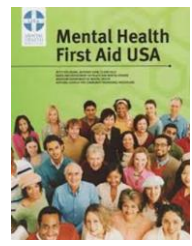


# *Adult Mental Health First Aid*



## WHAT IS MENTAL HEALTH FIRST AID?

Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism. Mental Health First Aid is an eight-hour course that teaches you how to identify, understand, and respond to signs of mental health and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Since 2001, more than 1 million people across the United States have been trained as Mental Health First Aiders.

**Target Audience:** ALL staff in Alameda County Behavioral Health, CBOs, and the general public located in Alameda County who is interested in learning how to recognize signs and assist someone in mental health or substance use crisis and non-crisis situations. *PLEASE NOTE: While mental health professionals are welcome, Mental Health First Aid was designed for the general public to receive basic mental health information to enhance the safety net within our communities.*

**Trainer:** Staff from Crisis Support Services of Alameda County (CSS). CSS provides a 24-hour crisis hotline as well as on-going therapy groups, school-based counseling, supportive services for seniors, suicide prevention for youth, and community education.

## What you'll learn about:

- Risk factors and warning signs for mental health and addiction concerns
- Strategies for discussing signs and symptoms
- Basic information on depression, anxiety, trauma, psychosis, and addiction disorders.
- ALGEE; the five-step action plan to help someone developing a mental health problem or is in crisis.
- Resources - Where to turn for help; professional, peer, and self-help resources

## 4 Reasons to Become a Mental Health First Aider

- **Be prepared** - When a mental health crisis happens, know what to do
- **You CAN help** - People with mental health disturbances often suffer alone.
- **Stigma Reduction** - Mental health issues affects 1 in 5 adults in any given year
- **Gain Confidence** to be there for a friend, family member, or colleague

*If you have an accommodation request or would like to report a grievance about a ACBH-hosted training, contact the ACBH Training Unit: [Training.Unit@acgov.org](mailto:Training.Unit@acgov.org); ph.: [510-567-8113](tel:510-567-8113)*

**Date: September 24, 2019**

➤ **Time: 8:30am – 5:00pm**

➤ **Location: FREMONT**

Family Resource Center  
39155 Liberty Street  
Building H800, Pacific Room  
Fremont, CA 94538

**Continuing Education:  
NO CE Credit is available.**

*However, participants who complete this eight-hour course will receive a two-year national certification as a Mental Health First Aider.*

## REGISTRATION:

Please self-register online at:  
<http://alameda.netkeepers.com>  
Limited seating; Open until filled.

For registration assistance contact:

[Training.Unit@acgov.org](mailto:Training.Unit@acgov.org)

Ph: 510-567-8113

**When emailing, include training  
Date and Title in Subject Line.**

For content-related or other  
information about this training  
contact:

ACBH Training Officer

Lori DeLay at [lori.delay@acgov.org](mailto:lori.delay@acgov.org)

