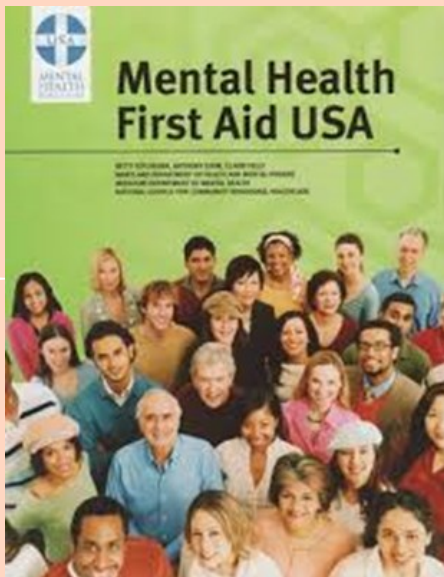




*Alameda County Behavioral Health and
Alameda County Crisis Support Services Presents a FREE..*

8 hour Comprehensive and Interactive Course **Adult Mental Health First Aid Training**



Date and Time:
Wednesday, January 9, 2019
8:30 am - 5:00 pm

Location:
Creekside Plaza/HCSA offices
1100 San Leandro Blvd.
Redwood Room
San Leandro, CA 94577

Adult Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental health issues and substance use disorders. Mental Health First Aid presents an overview of mental health issues and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and provides an overview of common treatments. You will be taught a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

Mental Health First Aid USA is managed, operated, and disseminated by three national authorities — the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health

Seating is Limited. PRE-REGISTRATION REQUIRED.

OPEN UNTIL FILLED. To register, please go to :

<http://alameda.netkeepers.com>

For registration assistance, contact Stephanie Cardenas, training.unit@acgov.org
or (510) 567-8113

For information, contact Lori DeLay, lori.delay@acgov.org or (510) 567-8112