

# Mental Health First Aid

## Join the movement

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.

### Adult Mental Health First Aid

| Date                                  | Time                    |
|---------------------------------------|-------------------------|
| <b>English</b><br>12/01/21 & 12/02/21 | <b>9:30am - 1:30pm</b>  |
| <b>English</b><br>12/08/21 & 12/09/21 | <b>12:30pm - 4:30pm</b> |

**Location of trainings**  
**1075 E. Santa Clara Street, 2nd Floor**  
**San Jose, CA 95116**



**Family Outreach and Engagement Program**



A person you know could be experiencing a mental health or substance use problem.

**Learn an action plan to help.**

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a friend, family member, coworker or neighbor in need. Anyone 18 and older can take Mental Health First Aid.

This free training is for individuals who live or work in the County of Santa Clara. Contact Peggy Cho at 408-792-3916, [Peggy.Cho@hhs.sccgov.org](mailto:Peggy.Cho@hhs.sccgov.org) for registration (email preferred) **Please register at least one week before the training. We reserve the right to reschedule if less than 5 registrants. You may request a training at your location if you have at least 10 attendees.**