

Mental Health First Aid

Join the movement

Take a course. Save a life. Strengthen your community.

Adult Mental Health First Aid

Date	Time
05/15/19 & 05/16/19	10:00am - 2:00pm
06/19/19 & 06/20/19	9:00am - 1:00pm



Mental Health First Aid For Adults Who Work with Youth

Date	Time
05/07/19 & 05/08/19	9:00am - 1:00pm
05/20/19 & 05/22/19	12:30am - 4:30pm
06/05/19 & 06/06/19	12:30pm - 4:30pm



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.

Register online for this FREE training at www.sccbhsd.org/eccac, or Contact Peggy Cho at 408-792-3916, Peggy.Cho@hhs.sccgov.org (email preferred)
Please register at least one week before the training. We reserve the right to reschedule if less than 20 registrants.
You may request a training at your location if you have at least 20 attendees.