



MENTAL
HEALTH
FIRST AID

Free Virtual Mental Health First Aid Training

\$140 Value

DATE: Thursday, December 10, 2020

TIME: 11:00am - 4:30pm

LOCATION: Virtual Training,
see details below

VIRTUAL MHFA

Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 5.5 hour, Instructor-led class using videoconferencing technology.

NOTE: All online coursework must be completed before the instructor-led training. Courses with less than 5 prepared participants will be cancelled.

ABOUT ADULT MHFA

Adult Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders in other adults.

This training gives you the skills you need to reach out and provide initial support to individuals who may be developing a mental health or substance use problem and help connect them to the appropriate care.



[Click Here to Register!](#)

Questions?

Email aahendry@co.slo.ca.us



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT