

SAN MATEO COUNTY BEHAVIORAL HEALTH SERVICES AND KINGDOM LOVE, LLC PRESENTS

# MENTAL HEALTH FIRST AID

MHFA teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in people. This training gives adults the skills they need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care

## TOPICS INCLUDE

COMMON MENTAL  
HEALTH SIGNS AND  
SYMPTOMS

SUICIDE  
WARNING SIGNS

CULTURAL  
CONSIDERATIONS

SELF-CARE

## LEARNING OPTIONS

### Blended In-Person

After completing a 2-hour self-paced online course, First Aiders will participate in a 6.5-hour skill-based training, in-person

### Blended Virtual

After completing a 2-hour self-paced online course, First Aiders will participate in a 6.5-hour skill-based training, on zoom

### In-Person

First Aiders will participate in a 8.5-hr in-person training

**REGISTER TODAY**



**Registration**  
[bit.ly/SMCOUNTRY](https://bit.ly/SMCOUNTRY)



Kingdom Love, LLC



Mental Health  
FIRST AID

from NATIONAL COUNCIL FOR  
MENTAL WELLBEING



SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES

# MHFA SCHEDULE

**NOVEMBER**

**2024**

**01**

FRI

**BLENDED VIRTUAL ADULT MENTAL HEALTH FIRST AID**  
9:00AM-4:00PM

**TBD**

**BLENDED IN-PERSON ADULT MENTAL HEALTH FIRST AID**  
9:00AM-4:00PM | LOCATION: TBD

UPDATE WILL REFLECT ON REGISTRATION FORM

**23**

SAT

**IN-PERSON YOUTH MENTAL HEALTH FIRST AID**  
FOR TRIBAL COMMUNITIES AND INDIGENOUS PEOPLES  
9:00AM-6:00PM | 833 MAHLER ROAD BURLINGAME, CA

**26**

TUE

**BLENDED VIRTUAL YOUTH MENTAL HEALTH FIRST AID**  
9:00AM-3:30PM

## Important Information

The pre-coursework for blended trainings includes a 2-hour self-paced MHFA online course, which must be completed before attending on the scheduled date. After registering, be sure to watch for an email from Lisa with more information

**REGISTER TODAY**



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