



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis.



TOPICS COVERED

- Risk Factors
- Warning signs
- Addiction concerns
- Strategies for how to help someone in both crisis and non-crisis situations
- Where to turn for help
- Depression and mood disorders
- Anxiety disorders
- Trauma
- Psychosis
- Substance Use disorders



TRAINING DATES:

1/25/2023 - 8:30 - 4:30

RSVP by: 12/5/22

3/22/23 - 8:30 - 4:30

RSVP by: 2/6/22

5/24/23 - 8:30 - 4:30

RSVP by: 4/3/22

TRAINING:

In person in
Downtown Stockton -
RSVP for full details.

COST: \$35

**(COST IS NON REFUNDABLE)
LIGHT FOOD/REFRESHMENTS WILL BE
SERVED**

For more information, please contact:

ANGELA STREET

209-644-5366

AMAGEE@NOCHILDABUSE.ORG

