



MENTAL
HEALTH
FIRST AID



MHFA TRAINING

Anyone, anywhere can be the one to make a difference in the life of someone with a mental health or substance abuse challenge – if they know what to do and what to say.

In the Mental Health First Aid course, you will learn risk factors and warning signs for mental health and substance conditions, strategies for how to help someone in both crisis and non-crisis situation, and where to turn for help!

JUNE 14, 2019
8:00AM—5:00PM

TRANSITIONS MENTAL HEALTH ASSOCIATION

784 High St.
San Luis Obispo CA 93401
Conference Room 1

Registration for this training is **required**. **Payment** is due at time of registration.

RSVP at vmeredith@t-mha.org or 805-540-6586



Participants required to attend entire course to receive course certification.
This course has a value of \$50.00 per participant.