



MENTAL
HEALTH
FIRST AID



Mental Health First Aid

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!

CLASSES SCHEDULED REGULARLY

Contact Judy Creason at (805) 540-6577 or jcreason@t-mha.org for more information.

Sometimes, the best first aid is YOU. Take the course, save a life, strengthen your community.

Participants required to attend entire course to receive course certification. .

