

Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

LEARN HOW TO SUPPORT THOSE IN YOUR LIFE

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges. You'll build skills and confidence you need to reach out and provide initial support to people who are struggling. You'll also learn how to help connect them to appropriate support.

WHEN

Thursday, April 20, 2023

FLEX DAY

9 AM - 5 PM

WHERE

Building, 10, Room 401

College of San Mateo

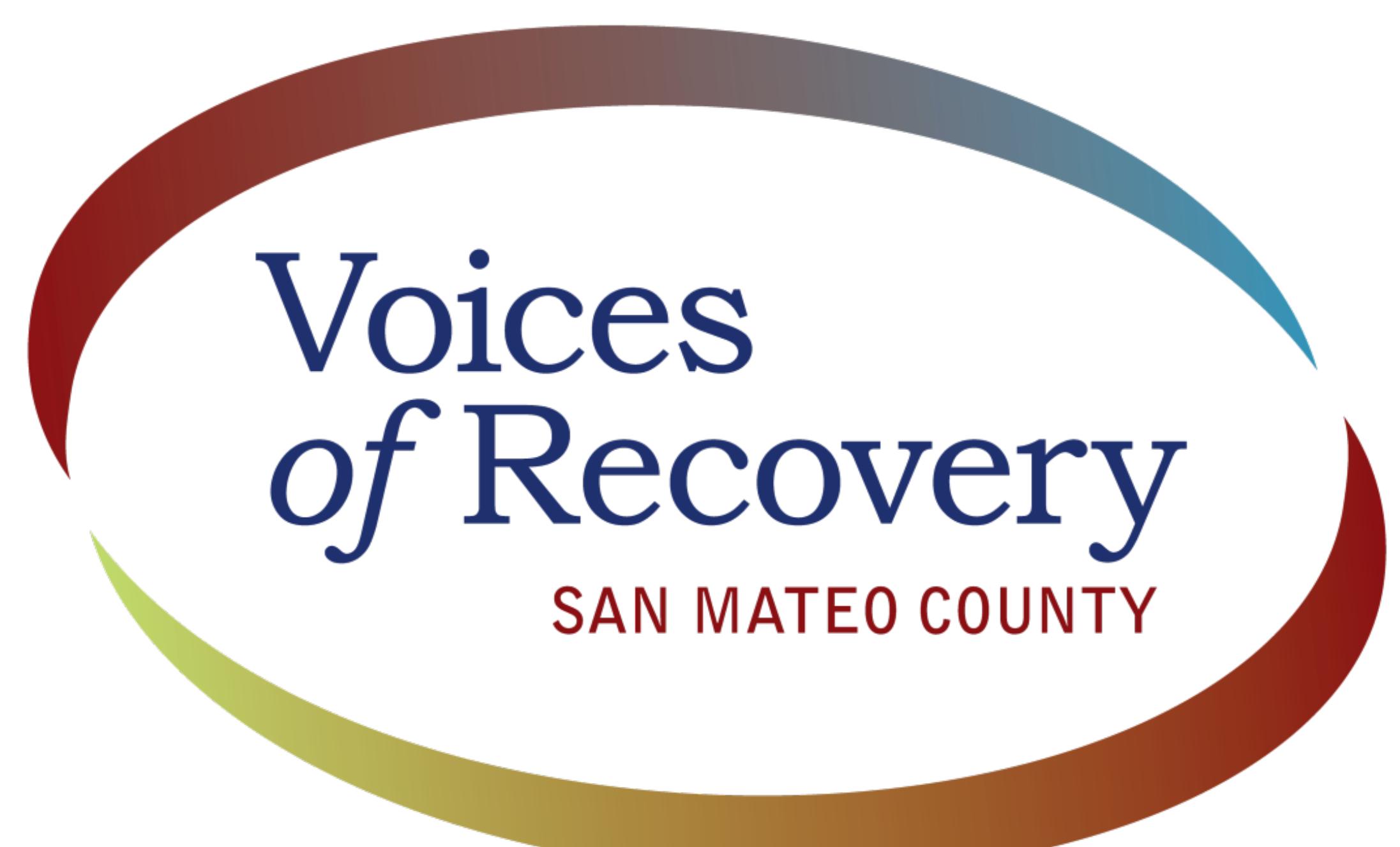
1700 W. Hillsdale Blvd., San Mateo



***THIS IS AN 8 HOUR IN PERSON TRAINING
LUNCH AND SNACKS WILL BE PROVIDED!***

TO REGISTER, EMAIL:

info@vorsmc.org



**SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH
& RECOVERY SERVICES**

