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.

*Mental Health First Aid* teaches you how to identify, understand and respond to signs of mental illnesses and substance abuse in your community.

**Mental Health First Aid (MHFA)**

Friday April 17, 2020

8am to 5pm

Training held at TMHA Conference Room 1
784 High Street
San Luis Obispo, CA  93401

Registration for this training is required. For more information and to RSVP contact Victoria Meredith vmeredith@t-mha.org (805) 540-6586