



MENTAL  
HEALTH  
FIRST AID

# Free Virtual Mental Health First Aid Training

\$140 Value

**DATE:** Tuesday April 6, 2021

**TIME:** 10:00am - 5:00pm

**LOCATION:** Virtual Training,  
see details below

## VIRTUAL MHFA

Mental Health First Aid participants will complete a 2-hour, self-paced online course, and then participate in a 5.5 hour, Instructor-led class using videoconferencing technology.

**NOTE:** All online coursework must be completed before the instructor-led training. Courses with less than 5 prepared participants will be cancelled.

## ABOUT ADULT MHFA

Adult Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders in other adults.

This training gives you the skills you need to reach out and provide initial support to individuals who may be developing a mental health or substance use problem and help connect them to the appropriate care.



**[Click Here to Register!](#)**

**Registration closes at 5pm on  
March 24, 2021**

Brought to you in partnership by:



COUNTY OF SAN LUIS OBISPO  
BEHAVIORAL HEALTH DEPARTMENT

