



Alameda County Behavioral Health Care Services Presents a FREE..

2 day; 12 hour Comprehensive and Interactive Course

Mental Health First Aid Training



Date and Time:

**Thursday, February 23 and
Friday, February 24, 2012;
9:00 am—4:00 pm each day**

Location:

**AC Training and Education Center,
125-12th Street, 4th Floor, Oakland**

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental health issues and substance use disorders. Mental Health First Aid presents an overview of mental health issues and substance use disorders in the U.S. and introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact, and provides an overview of common treatments. You will be taught a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

Mental Health First Aid USA is managed, operated, and disseminated by three national authorities — the National Council for Community Behavioral Healthcare, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health.

**To register, contact: Stephanie Cardenas, (510) 567-8113 or
scardenas@acbhcs.org**

**For more information, contact: Paul Takayanagi, (510) 639-1373 or
ptaka@acbhcs.org**