

Adult Mental Health First Aid Join the movement

Take a course. Save a life. Strengthen your community.

June 26 & 28, 2023 12:30 P.M. - 3:30 P.M.

To register please contact: **Peggy Cho**Peggy.cho@hhs.sccgov.org

2-hr online self-study is required prior to Day 1 of instructor -led session on June 26, 2023

Location of Training: 1075 E. Santa Clara Street, 2nd Floor, San Jose, CA 95116

A person you know could be experiencing a mental health or substance use problem.

Learn an action plan to help.

You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Learn how to help a student, friend, family member, coworker or neighbor in need. Anyone 18 and older can take Mental Health First Aid.





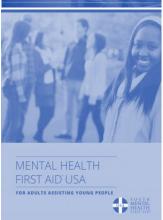














Family Outreach and Engagement Program

For more information, visit www.sccbhsd.org/ccwp