



# 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.



MENTAL HEALTH FIRST AID USA

FOR ADULTS ASSISTING YOUNG PEOPLE



Family Outreach and Engagement Program

For more information, visit  
[www.sccbhsd.org/ccwp](http://www.sccbhsd.org/ccwp)