



*Alameda County Behavioral Health Care Services  
Presents a FREE..*

## **8 hour Comprehensive and Interactive Course Mental Health First Aid Training**



### ***Date and Time:***

**Friday, March 6, 2015 — 8:30am—4:45pm;**

### ***Location:***

**ACBHCS; 1900 Embarcadero, 1st Floor, Suite 101  
Oakland, CA (Brooklyn Basin Room)**

**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.

**PRE-REGISTRATION REQUIRED. OPEN UNTIL FILLED.**

**For New Online Registration, please go to this address:**

**<http://alameda.netkeepers.com/TPOnline/TPOnline.dll/Home>**

**For registration assistance, call Stephanie Cardenas at 510-567-8113**

**For information, contact Paul Takayanagi at 510-639-1373**