



**MENTAL
HEALTH
FIRST AID®**

No cost

8:00 AM - 4:30 PM

Check-in @ 7:30 AM

Three dates to choose from:

Thursday, March 31, 2022

PCOE - Seavey Center

655 Menlo Drive, Rocklin

Register: <https://tinyurl.com/mucbx72k>

Thursday, April 7, 2022

PCOE Annex - Nobili Room

365 Nevada Street, Auburn

Register: <https://tinyurl.com/3zzymv7u>

Wednesday, April 20, 2022

PCOE Annex - Nobili Room

365 Nevada Street, Auburn

Register: <https://tinyurl.com/292vmnzz>

For questions, contact:

Jessica LeFohn 530.745.1467

jlefohn@placercoe.org

or

Tara Neilsen 530.745.1482

tneilsen@placercoe.org

In a unique collaboration,

The Placer County Office of Education,

Placer County Health and Human Services,

Roseville Joint Union High School District and Kids First, work to

improve mental health outcomes for individuals, families

and our community.

These trainings are facilitated by a collaborative training team made

up of these partners and with funding, in part, by the

County of Placer Mental Health Services Act.

Mental Health First Aid

Learn how you can help someone
in emotional distress.



Someone you know could be experiencing a mental illness or crisis. YOU can help them. Mental Health First Aid is an interactive, 8-hour course that presents an overview of mental illness and disorders in the United States.

What you will learn

- Learn risk factors and warning signs of mental health challenges
- Understand the impact and common treatments of mental health challenges
- Learn skills, resources and knowledge to help an individual in crisis connect with appropriate resources

Who should attend

This course is appropriate for anyone 18 years and older who wants to learn how to provide initial help to someone in crisis, experiencing symptoms of a mental illness.

COVID Safety Protocols

HEALTH & SAFETY PROTOCOLS

In compliance with guidance from the California Department of Public Health (CDPH), masks are not required yet strongly recommended for all individuals in indoor public settings. Please conduct a health self-assessment before attending and stay home if you are ill.

PCOE
GOLD IN EDUCATION

Gayle Garbolino-Mojica
County Superintendent of Schools



WELLNESS • RECOVERY • RESILIENCE

