



Mental Health First Aid

When & Where

Tuesday, January 11, 2022

8:00 AM - 4:30 PM

Check-in @ 7:30 AM

Placer County Office of Education
Seavey Center
655 Menlo Drive
Rocklin, CA 95765

No cost

Register online at:

<https://tinyurl.com/2p84zppk>

For questions, contact:

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or

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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.



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.

