

San Mateo County, Behavioral Health & Recovery Services and
Pyramid Alternatives presents

Mental Health First Aid



Join us for a
Free Class

When and Where

9:00 am- 1:00 pm
On the following dates

- July 18th, 2013
- July 25th, 2013
- August 1st, 2013

*Must attend all 3 classes to
become certified*

FMC Tongan Church

3430 Michael Drive,
Redwood City, CA 94063

To sign up and complete
and an application, contact:

Ting Huang

Phone: 650-516-0347

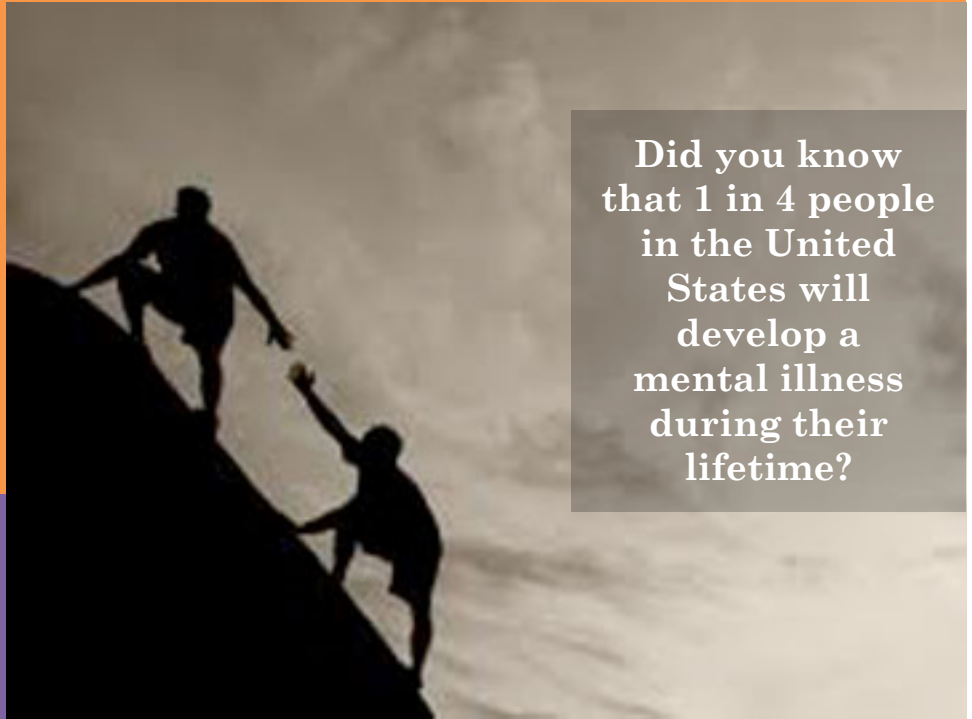
Email:

thuang@pyramidalternatives.org

Sisilia Fifita

Phone: 650-363-7818

Email: sfifita@smcgov.org



Did you know
that 1 in 4 people
in the United
States will
develop a
mental illness
during their
lifetime?

Learn how you can help someone in emotional distress

Someone you know could be experiencing a mental illness or crisis. YOU can help them. Take this 12-hour course and become certified as a Mental Health First Aider.

This course will teach you:

Potential Risks

The potential risks factors for
developing a mental illness

Recognize Symptoms

How to recognize signs and
symptoms of common
mental illness.

5 Step Action Plan

A step-by-step plan to help a
person who may be experiencing
a mental health crisis



This class is sponsored by The Office of Diversity and Equity, Behavioral Health and Recovery Services and is funded by the Mental Health Services Act