



Mental Health First Aid
San Mateo County Behavioral Health and Recovery Services
Thursday, 07-18-2013, 9:00 AM to 1:00 PM
Thursday, 07-25-2013, 9:00 AM to 1:00 PM
Thursday, 08-01-2013, 9:00 AM to 1:00 PM
3430 Michael Drive, Redwood City, CA 94063

Office of Diversity and Equity

Application

Thank you for your interest in the Mental Health First Aid course. Please take a moment to fill-out the following about yourself.

Name: _____

Address: _____

City: _____ Zip Code: _____

Home Phone: (_____) _____ Cell Phone: (_____) _____

Work Phone: (_____) _____ E-mail: _____

Gender: Male Female Transgender Intersex Other: _____

Race/Ethnicity: _____ Age: _____

Primary language spoken at home: _____

Organization (if applicable): _____

Why are you interested in taking this course? _____

To help us improve our mental health outreach, please answer the following optional questions. Your responses will be confidential.

1. Do you and/or a family member have lived experience of mental health or substance use issues?
 Yes No Not sure

2. Do you know anyone who has experienced being emotionally distressed?
 Yes No Not sure

3. Do you know anyone who has attempted or committed suicide?
 Yes No Not sure

4. Do you know anyone who has sought professional help for their emotional problem or distress (e.g., counseling, therapy)?
 Yes No Not sure

Please send your completed application to Ting-yi Huang at thuang@pyramidalternatives.org or Fax your application to 650-355-8780; or to Sisilia Fifita at sfifita@smcgov.org.