

San Mateo County, Behavioral Health & Recovery Services Mental Health First Aid



Join us for a
Free Class

When and Where

5:30 pm-9:00 pm on the
following dates

- July 24th, 2013
- July 31st, 2013
- August 7th, 2013
- August 14th, 2013

*Must attend all 4 classes to
become certified*

Westside Church of Christ

603 Monte Diablo Ave
San Mateo, CA 94401

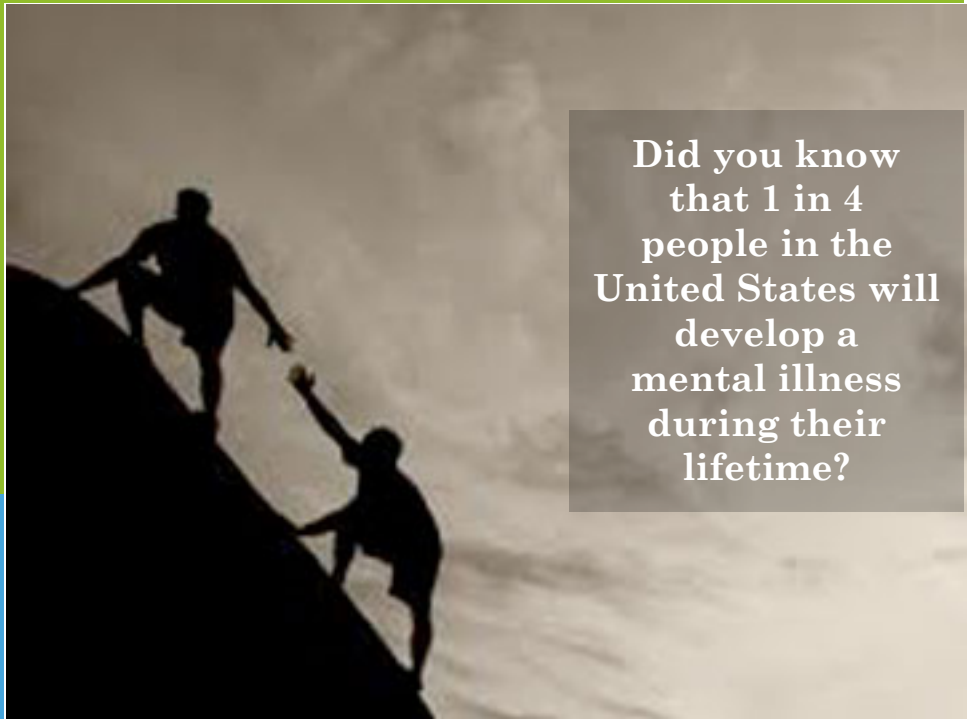
To sign up and complete
an application contact

Kathy Reyes

Phone- (650) 573-2174

Email- ekreyes@smcgov.org

For your convenience,
refreshments will be
provided.



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 hosted by the Westside Church of Christ, sponsored by The Office of Diversity and Equity, Behavioral Health and Recovery Services and is funded by the Mental Health Services Act