



Mental Health First Aid
San Mateo County Behavioral Health and Recovery Services
Thursday, August 22nd, 29th, and September 5th
Pyramid Alternatives
1720 S Amphlett Blvd, Suite 123
San Mateo, Ca 94403



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: (_____) _____

E-mail: _____ Would you like to receive information bulletins? Yes No

If yes, by Mail Email Text

Gender: Male Female Transgender Intersex Other: _____

Race/Ethnicity: _____ Age: _____

Primary language spoken at home: _____

Emergency Contact: Name: _____ Phone: (_____) _____

Organization (if applicable): _____

How did you hear about this course: _____

Have you ever taken this course before? Yes No *If yes, how long ago?* _____

Have you taken any other classes/ workshops offered through the Office of Diversity and Equity? Yes No

If yes, which ones: _____

Why are you interested in taking this course? _____



Office of Diversity and Equity

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 as a consumer of mental health or substance use services?
 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 application to:

Sisilia Fifita

Phone: 650-363-7818

Email: sfifita@smcgov.org

Fax: 650-328-6834