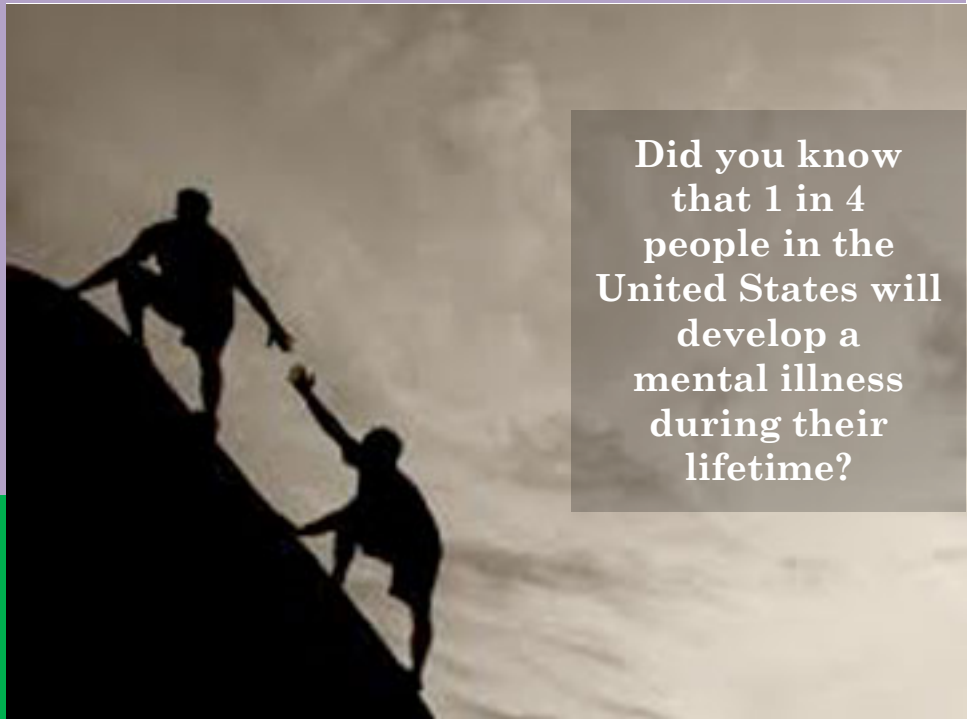


San Mateo County, Behavioral Health & Recovery Services

# Mental Health First Aid



Join us for a  
Free Class



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

## When and Where

9:00 am – 1:30 pm

3 Thursdays in a row:

- August 22<sup>nd</sup>, 2013
- August 29<sup>th</sup>, 2013
- September 5<sup>th</sup>, 2013

*Must attend all 3 classes*

### Pyramid Alternatives

1720 S Amphlette Blvd,  
Suite 123  
San Mateo, Ca

To sign up and complete  
an application, contact

### Sisilia Fifita

Phone: 650-363-7818

Email: [sfifita@smcgov.org](mailto:sfifita@smcgov.org)

Refreshments will be  
provided.

## 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