

# San Mateo County, Behavioral Health & Recovery Services

## Mental Health First Aid



Join us for a  
Free Class

### When and Where

5pm- 8pm On Following Dates

- August 14<sup>th</sup>, 2013
- August 21<sup>st</sup>, 2013
- August 28<sup>th</sup>, 2013

*Must attend all 3 classes to  
become certified*

North County Community Room  
375 89th St.  
Daly City, Ca 94015

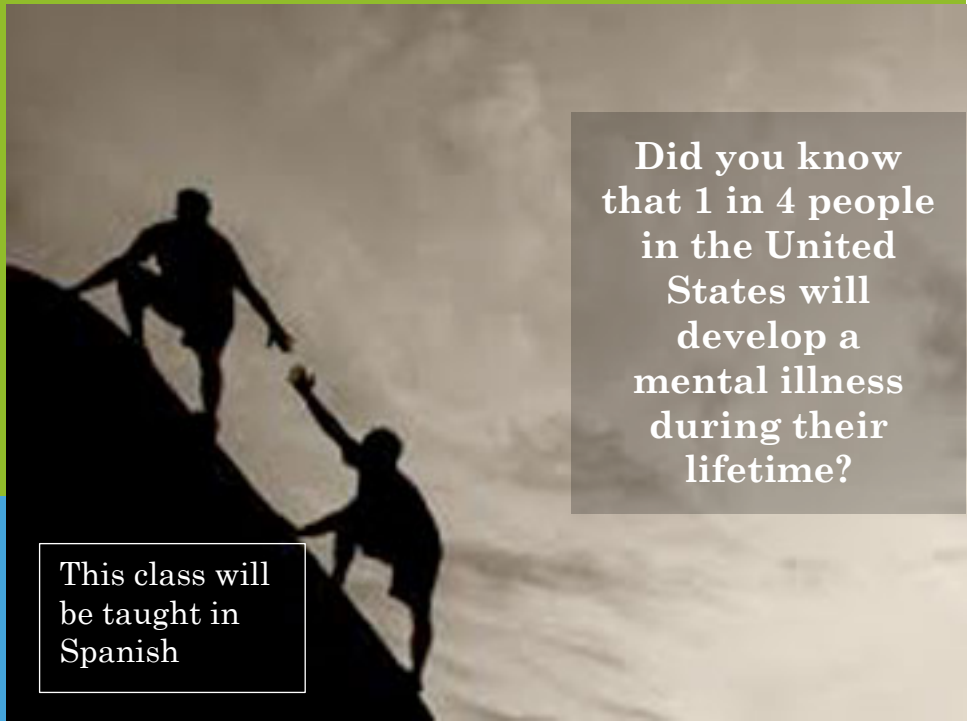
### To sign up contact

**Kathy Reyes**

Phone- (650) 573-2174

Email- [ekreyes@smcgov.org](mailto:ekreyes@smcgov.org)

For your convenience,  
Refreshments and  
Childcare will be  
provided.



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

This class will  
be taught in  
Spanish

### 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 8-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