

**BROUGHT TO YOU BY SAN BENITO COUNTY BEHAVIORAL HEALTH
WITH MHSA/ PROP 63 FUNDING**



**MENTAL
HEALTH
FIRST AID**

Mental Health First Aid is an **8-hour** training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness.

Specifically, studies found that those who trained in Mental Health First Aid have greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes.

Participants must attend both days (8 hours total):

9:00am-1:00pm

Thursday & Friday, March 16th & 17th, 2017

Location: SBC Sheriff's Office (Upstairs)

2301 Technology Pkwy. Hollister, CA 95023

Facilitator: Eliana Delgadillo, Youth Alliance

Mental Health First Aid certification, which must be renewed every three years, provides trainees with:

- **Knowledge of the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury**
- **A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care**
- **An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities**
- **Working knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.**

*****Eligible for Continuing Education Credits*****



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If interested in participating, complete registration form.

SEATING IS LIMITED, Confirmation is required

**MENTAL HEALTH FIRST AID
CERTIFICATION TRAINING**

**Thursday, March 16, 2017 & Friday, March 17, 2017
9:00am-1:00pm each day**

REGISTRATION FORM

Name: _____

Phone number:

E-mail address, if any:

Occupation and employer name, if applicable:

Briefly share your interest in enrolling in the course: (examples: help family member or loved one, better serve clients/public with mental health issues, seeking general mental health information):

I understand that my registration means I agree to participate in the total 8 hours of certification training. **Yes**

Fax completed registration form to (831) 636-2850 Attn: Eliana

Or email to eliana@youthall.org

Or mail to:

Youth Alliance

310 Fourth Street Ste. 101

Hollister, CA. 95023

Questions? Call Eliana Delgadillo (831) 636-2853