

MENTAL HEALTH FIRST AID USA ADULT

NEW CURRICULUM - VIRTUAL



MENTAL
HEALTH
FIRST AID



HOW VIRTUAL WORKS:

- FIRST COMPLETE 2HR ONLINE TRAINING (SELF-PACED)
- THEN ATTEND 6HR VIRTUAL INSTRUCTOR-LED TRAINING

Register online at: www.plumasruralservices.org/1staid

FEBRUARY 10, 2021

9:30AM - 4:30PM

1hr included for breaks

ONLINE

FREE! \$100 VALUE!

18YRS+ TO ATTEND

What is Mental Health First Aid?

A course that teaches you to identify, understand & respond to signs of mental illnesses & substance use disorders. The training gives you skills you need to reach out and provide initial help and support to someone who may be developing a mental health problem or experiencing a crisis.

2HR ONLINE SELF-PACED TRAINING MUST BE COMPLETED BEFORE ATTENDING THE VIRTUAL INSTRUCTOR LED TRAINING. INFORMATION PROVIDED AFTER REGISTRATION.

For more information contact:

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Serving people, Strengthening families, Building communities

www.PlumasRuralServices.org