

Mental Health First Aid



**All sessions held at the DBH Training Institute:
1950 South Sunwest Lane, Suite 200, San Bernardino, CA 92415**

Sessions:

February 23-24, 2016 - 8 am – 12 pm both days

April 13-14, 2016 - 8 am – 12 pm both days

June 8-9, 2016 - 8 am – 12 pm both days

August 3-4, 2016 - 8 am – 12 pm both days

October 5-6, 2016 - 8 am – 12 pm both days

December 13-14, 2016 - 8 am – 12 pm both days

*Please Note: Attendance on **both** days for either set of dates is required for course completion*

Registration begins ½ hour prior to start and doors close promptly at the start of training

- Attendees must attend both days of training
- Participation for the entire class period/passing the assessment is required

Learning Objectives

- The potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis, eating disorders, substance use disorders, and self-injury
- An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities
- 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
- The evidence-based professional, peer, social, and self-help resources available to help someone with a mental health problem.


To Register:

Log on to Relias:

<http://dbh.training.reliaslearning.com>

If you need assistance with registration, please call (800) 722-9866 or email training@dbh.sbcounty.gov

Please note that all participants attending this training must be in accordance with DBH Dress Code Policy

 For alternate communication methods please call 800-722-9866



Behavioral Health

www.SBCounty.gov