

MENTAL HEALTH FIRST AID

MHFA teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in people. This training gives adults the skills they need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.



TOPICS INCLUDE

COMMON MENTAL HEALTH SIGNS AND SYMPTOMS
SELF-CARE

CULTURAL CONSIDERATIONS
SUICIDE WARNING SIGNS

If you or someone you know is in emotional distress or considering suicide, please call: 650-579-0350 or text/call: 988

LEARNING OPTIONS

Blended Training

After completing a 2-hour self-paced online course, First Aiders will participate in a 6.5-hour skill-based training, on zoom or in-person

In-Person

First Aiders will participate in a 8.5-hr in-person training

AVAILABLE IN ENGLISH AND SPANISH

SCHEDULE AND REGISTRATION

bit.ly/SMCOUNTY



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES

KINGDOM LOVE, LLC

JUNE SCHEDULE

YOUTH MENTAL HEALTH FIRST AID

YOUTH MHFA – BLENDED ZOOM

📅 FRIDAY, JUNE 20, 2025

🕒 9:00 AM – 3:30 PM

📍 ZOOM



ADULT MENTAL HEALTH FIRST AID

PRIMEROS AUXILIOS PARA LA SALUD MENTAL PARA ADULTOS

📅 DOS SÁBADOS: 21 Y 28 DE JUNIO DE 2025

🕒 10:00 AM – 3:00 PM

📍 BIBLIOTECA DE NORTH FAIR OAKS

ADULT MHFA (SPANISH) – IN PERSON, 2-DAY TRAINING

📅 SATURDAYS, JUNE 21 & 28, 2025

🕒 10:00 AM – 3:00 PM (BOTH DAYS)

📍 BIBLIOTECA DE NORTH FAIR OAKS

ADULT MHFA – BLENDED ZOOM

📅 FRIDAY, JUNE 27, 2025

🕒 9:00 AM – 4:00 PM

📍 ZOOM

If you or someone you know is in emotional distress or considering suicide, please call: **650-579-0350** or **text/call: 988**

Si usted o alguien que conoce está en angustia emocional o considerando el suicidio, por favor llame al: **650-579-0350** o envíe un mensaje de texto o llame al: **988**

AVAILABLE IN ENGLISH AND SPANISH

REGISTRATION IS REQUIRED



bit.ly/SMCOUNTY



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES

KINGDOM LOVE, LLC