

# 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 5HR VIRTUAL INSTRUCTOR-LED TRAINING

Register online at: [www.plumasruralservices.org/1staid](http://www.plumasruralservices.org/1staid)

**DECEMBER 3, 2020**

**10:00AM - 4:00PM**

**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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