

Mental Health First Aid USA

8-hour certification



FOR VETERANS, SERVICE MEMBERS & THEIR FAMILIES

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

**September
18 & 19**

12:00PM-5:00PM

*Attend Both Days
To Receive A Certificate*

Lunch is provided

Elks Lodge

2004 E. Main St, Quincy, CA 95971

Increase your understanding of how to help someone experiencing a mental health problem or crisis, including:

- ◆ **Anxiety & Depression**
- ◆ **Mood Disorders**
- ◆ **Trauma**
- ◆ **Psychosis**
- ◆ **Substance Use Disorders**

For more information contact: Tammy Masters

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