



MENTAL
HEALTH
FIRST AID®

FREE TRAINING

AUGUST 22

OCTOBER 11

KINGS COUNTY

behavioral health

Mental Health First Aid is an 8 hour certification course to educate participants and help them identify, understand, and respond to signs of mental health illness or crisis, until professional help is received or the crisis resolves. The course teaches a 5-step action plan that can be applied in a variety of situations. Join us and meet ALGEE!

When you take a course, you learn how to apply the Mental Health First Aid action plan in a variety of situations, including when someone is experiencing:

- Anxiety
- Depression
- Panic attacks
- Suicidal thoughts or behaviors
- Nonsuicidal self-injury
- Acute psychosis (e.g., hallucinations or delusions)
- Overdose or withdrawal from alcohol or drug use
- Reaction to a traumatic event

Register Online:

<https://qrgo.page.link/kLBZQ>

Or Contact:

Kings County Behavioral Health

Phone: (559)852-2444

Email: bhoutreach@co.kings.ca.us

Office: 460 Kings County Dr. Suite 101
Hanford, CA. 93230

Dates: Aug. 22, 2019 | Oct. 11, 2019

Time: 8am - 5pm

Location: Kings County
Behavioral Health , Hope Conf. Rm.
460 Kings County Drive, Ste. 101
Hanford, CA. 93230

Cost: No cost to attend.

The course is appropriate for anyone 18 years and older. Training includes course materials. Lunch is NOT provided.