

**Mono County Behavioral Health
Presents**

Mental Health First Aid Training

Identify. Understand. Respond.

**Learn How You Can Help Someone in Emotional Distress.
Become Certified as a Mental Health First Aider.***

This **FREE 8-hour training gives you the skills to identify,
understand and respond to people in distress who are
experiencing a mental health or substance-use crisis.**

OPEN TO THE PUBLIC

Space is Limited. Please Register by March 18, 2020

To register, e-mail Susi Bains at sbains@shinehelp.org

**This class is sponsored by Mono County Behavioral Health and is funded
by the Mental Health Services Act**

WHEN:
Tuesday, March 24, 2020
8:00 am-5:00 pm

WHERE:
Mammoth Lakes Library
Adult Education Room
400 Sierra Park Road
Mammoth Lakes, CA 93546

**Materials & Lunch will be
provided**

*** Must attend full 8-hours for
certification**



**MENTAL
HEALTH
FIRST AID®**

